



MAC Track & Field Meet

Saturday May 1, 2021

Creek Valley High School Chappell, Nebraska

Meet Director: Missy Koenen missy.koenen@cvsstorm.com 308-874-3310

Official Starter: Tom Weber

Registration: Atheltic.net

Entries Due: On <https://www.athletic.net> by Saturday May 1th by **6:00 AM Mountain Standard Time**

Entry Fee: \$0

Event/Athlete Limit: 3 athlete per event, 4 events per athlete

F.A.T System Official: Creek Valley (Patrick Ningen) and Bayard

Time:
7:45-8:45 *Scratch Add*
8:45 *Coaches meeting*
9:00 *High School Shot/ Discuss start*
9:15 *High School Field Events*
9:30 *Middle School Running events will begin.*

Scratch/Add and coaching meeting will be in the AG Room-Welding side of the building.

Packets will be given out which include:

- Pole vault certification cards, poles must be properly marked for weight. Vaulter cards must have exact weight for competitors in order to compete
- Meet itinerary heats and flights
- Relay cards

High School Qualification:

- Prelims will be used for the following events: (Qualify the 8 in all events)
 - Long Jump, Triple Jump, Shot, Discus, 100 meter hurdles, 110 Meter hurdles, 100 meters, 200 meters.

Junior High Qualifications:

- All running events are finals
- Shot, Discus, Triple Jump, and Long Jump will have 4 attempts, **All Finals**
- Pole Vault and high jump will have 3 attempts per height.



Equipment:

- Shot/Discus: Teams are to furnish their own, however they must be pooled for all to use.
- Blocks are provided.
- Athletes must obey the 1/8" or less pyramid rule.
- Weighing of shots and discuses to be weighed in the little concession stand by the little baseball/softball field.

Curve/exchange judges: Please bring enough help to run the events that you are assigned.

Exiting and entering the infield.

During field events, spectators are allowed on infield but must remain behind flagged areas. Athletes and coaches please enter and exit the competition zone through the gated areas, this is to protect the track and runways from dirt and mud. When running events start, all spectators must be in grandstands and are not allowed in the infield.

Dressing: Please dress at home.

Facilities: Runways and track require: 1/8" or less pyramid. No needle spikes.
We will be checking footwear. Disqualification from event if athlete does not abide.
Shotput and Discus rings are cement.
8 lanes for all races
Please only enter and exit the infield through the gates.

Awards/Scoring: Medals will be given for 1st through 6th places in all events for High School. 10-8-6-4-2-1 with boys and girls scoring on a separate basis. At the conclusion of the last running event, team standings will be announced. Medal packets are to be picked up on the bottom of the bleachers.
Champion and Runner-up plaques will be awarded

Team Camps: All team camps are to be located east of the Varsity Football Field on the Practice Football Field

Uniform: Coaches, please be sure your athletes adhere to the NSAA Uniform and Jewelry rules

Seating: Bleachers are available north of the track area. Spectators are expected to sit in these areas. Spectators may be asked to move if they interfere with the meet



officials/workers ability to conduct an event. SPECTATORS ASSUME ALL RISK OF INJURY WHEN NOT in the area provided for spectators. All competition areas will be flagged off; no coaches, spectators, or non-competitors may be in that designated area during the event. When running events start, all spectators must exit the infield.

Hospitality: We will have a hospitality room in the AG Building welding side for breakfast and lunch. This is for coaches, bus drivers, and helpers only.

Bus Parking: Please park in the Fire Department Parking Lot. See map attached for more information. You may drop your athletes off at the track however your bus needs to be parked at the Fire Department.

Amenities: Concession stand will be open on the northeast end of the track and the Lion's Den Truck. Restrooms are located at the concession stand.

Visitor Admission: Admission will be \$3.00 for adults and \$2.00 for students. Only Administrator MAC passes will be accepted.

Individual School responsibilities for Field events. The following schools are responsible for running the following events for both high school and Middle school. Please bring enough adult and student help to run the event that you are assigned.

Girls Discus: Garden County
Boys Discus: Minatare
Boys and Girls Long Jump: Banner County
Boys and Girls Triple Jump: Bayard
Boys and Girls High jump: South Platte
Boys and Girls Pole Vault: Potter-Dix
Boy's and Girls Shot put: Leyton

Timers: Back up Please provide adults for this.

1st Creek Valley
2nd Banner
3rd South Platte
4th Bayard
5th Leyton
6th Garden County
7th Potter-Dix
8th Minatare

Curve Judges and relay exchange assignments: (Both Middle school and High school):

4x800:



- East Curve: South Platte
- West Curve: Minatare
- South Straight- Leyton
- Exchange zone- Creek Valley

400 Meter Dash

- East Curve: South Platte
- South Straight- Leyton
- West Curve: Bayard

3200 Meter Run

- East Curve: Banner County
- South Straight-Leyton
- West Curve-Bayard

800 Meter Run

- East Curve: South Platte
- West Curve: Banner County
- South Straight: Garden County

1600 Meter Run

- East Curve: Potter Dix
- West Curve: Bayard
- South Straight: Bayard

4x100 Meter Relay and Wightmans Relay

- 1st Exchange Zone: Potter-Dix
- 2nd Exchange Zone Minatare
- 3rd Exchange Zone: Creek Valley

4x400 Meter Relay:

- East Curve: Potter-Dix
- West Curve: Minatare
- South Straight: Garden County
- Exchange zone: Bayard

Announcer: Creek Valley

Stats: Creek Valley

Clerk of the Start and Finish: Creek Valley

Runners: Creek Valley

Numbers: Creek Valley



Creek Valley High School Track and Field Map



School Vehicle Parking



MAC Order of Events:

High School Field Events

- 9:00 AM** Boys' Discus
Girls' Shot put
- 9:15 AM** Boys Long Jump
Girls Triple Jump
Girls High Jump
Boys Pole Vault

Following the conclusion of the previous event:

- Girls' Discus
Boys' Shot Put
Boys' High jump
Girls Pole Vault
Boys Triple Jump
Girls Long Jump

Middle School Running Events (*All running events are finals placing off times*)

9:30 AM

- 1600 Meter Run Girls
100 M Hurdles 30" Girls
100 M Hurdles 33" Boys
100 Meter Dash
400 Meter Dash
200 Meter Hurdles 30"
800 Meter Run
200 Meter Dash
4x100 Throwers' Relay *
4x100 M Relay
4x400 M Relay

* To be in this relay, they must throw shot or discus



**At the Conclusion of the High School Field Events and Middle school running events
Middle school will then begin Field events and High school will begin running events.**

**High School Running Events:
Events:**

4x800 M Relay (Finals)
100 M Hurdles (Prelims) 33'
110 M Hurdles (Prelims) 39"
100 M Dash (Prelims)
400 M. Run (Finals)
3200 M. Run (Finals)
200 M Dash (Prelims)

Middle School Field

Boys' Discus
Girls' Shot Put
Girls' Triple Jump
Boys' Long jump
Boys' Pole Fault
Girls' High Jump

A Break Directly after Previous Events are finished.

100 M Hurdles (Finals)
110 M. Hurdles (Finals)
100 M Dash (Finals)
800 M Run (Finals)
300 M Hurdles (Finals) 30", 36"
200 M Dash (Finals)
1600 M Run (Finals)
4X100 M Relay (Finals)
4x400 M Relay (Finals)

Girls' Discus
Boys' Shot Put
Boys' Triple Jump
Girls' Long Jump
Boys' High Jump
Girls' Pole Vault