

Central Conference Track & Field Meet

Central City High School

May 7, 2005

Entries: Entries will be made on line. All teams will need to register their teams at Direct Athletics (www.directathletics.com). See entry information on last page.

Meet Directors: Dave Jorgensen and Roger Nielsen

Officials: Tom Hood, Skip Olds – Starters/Referees

Schedule:
9:00 am Coaches Meeting (High School Art Room)
9:30 am Boys Varsity Pole Vault
10:00 am First Session of Field Events Begin
11:30 am First Session of Track Events Begin

Scoring: 10-8-6-4-2-1

Awards: Medals will be awarded to the first six place finishers in all individual events and relays. Plaque plates will be awarded to champions and runners-up.

Field Events: Shot, discus, long jump, triple jump: three trials, eight qualify for finals. Three attempts in the final round.

High jump, pole vault: continuing flight of five. Tentative starting heights: girls high jump - 4'6"; boys high jump - 5'6"; girls pole vault - 7'6"; boys pole vault - 11'0".

Admission: \$5.00 all tickets.

All campsites will be off of the football field and behind the chain link fence. Only those athletes warming up will be allowed on the infield.

Other:

1. Only athletes in uniform and preparing for an upcoming event will be permitted on the infield.
2. We will be using Northwest's Finish Links System. We will have ground finish line crew to back up the top six places.
3. 1/8" maximum for spikes.
4. Use tape for high jump, use only runway markers for long, triple, and pole vault.

Field-Events:

Boys.....

Shot—Central City
Discus--Lakeview
High Jump--Crete
Long Jump---York
Triple Jump---Seward
Pole Vault—GINW/CC

Girls

Shot—Central City
Discus--Aurora
High Jump--Schuyler
Long Jump--Holdrege
Triple Jump--- Fairbury
Pole Vault GINW/CC

The Conference schools listed above are responsible for running off the field events listed. You must provide the entire crew necessary to run off the event including markers, measurers, etc. Clipboards can be picked up in the press box after the coaches meeting. Please return to the press box upon completion of the event. Thank you for your assistance.

In addition, Conference AD's or their designees should be available to judge lanes, exchange zones and hurdles.

CENTRAL CONFERENCE TIME SCHEDULE

Field Events:

Vault:	9:30	Boys Varsity
	12:30	Girls Varsity
	3:30	9 th Boys and Girls
10:00	Boys Shot	Varsity then 9 th
	Boys TJ	Varsity then 9 th
	Girls Discus	Varsity then 9 th
	Girls LJ	Varsity then 9 th
	Boys HJ	Varsity then 9 th
1:00	Boys Discus	Varsity then 9 th
	Boys LJ	Varsity then 9 th
	Girls Shot	Varsity then 9 th
	Girls TJ	Varsity then 9 th
	Girls HJ	Varsity then 9 th
Varsity	3 Jumps or Throws and 8 and ties to the Finals	
9 th Grade	4 Jumps or Throws and No Finals	

CENTRAL CONFERENCE TRACK MEET TIME SCHEDULE

11:30 Preliminaries

11:30	9 th Girls & Boys 3200 Relay Run together
11:45	Varsity Girls 3200 Relay
12:00	Varsity Boys 3200 Relay
12:15	Varsity Girls 100 HH--Prelims
12:30	Varsity Boys 110 HH--Prelims
12:40	Varsity Girls 100 m Dash -- Prelims
12:50	Varsity Boys 100 m Dash -- Prelims
1:00	9 th Girls 400 m Dash--Finals
1:05	Varsity Girls 400 m Dash--Finals
1:15	9 th Boys 400 m Dash--Finals
1:20--	Varsity Boys 400 m Dash--Finals
1:30	9 th Girls & Boys 3200 m Run--Run together
1:45	Varsity Girls 3200 m Run--Finals
2:00	Varsity Boys 3200 m Run--Finals
2:15	Varsity Girls 200 m Dash Prelims
2:25	Varsity Boys 200 m Dash--Prelims

3:30 Finals

3:30	9 th Girls 100 HH
3:35	Varsity Girls 100 HI-I
3:40	9 th Boys 110 HH
3:45	Varsity Boys 110 I-IH
3:50	9 th Boys 100 m Dash
3:55	Varsity Girls 100 m Dash
4:00	9 th Boys 100 mDash
4:05	Varsity Boys 100 m Dash
4:10	9 th Girls 800 rerun
4:15	Varsity Girls 800 m Run
4:30	9 th Boys 800 m Run
4:35	Varsity Boys 800 m Run
4:50	9 th Girls 300 LH
4:55	Varsity Girls 300 LH
5:05	9 th Boys 300 IM

5:10	Varsity Boys 300 IM
5:25	9 th Girls 200 m Dash
5:30	Varsity Girls 200 m Dash
5:35	9 th Boys 200 m Dash
5:40	Varsity Boys 200 m Dash
5:45	9 th Girls 1600m Run
5:55	Varsity Girls 1600m Run
6:10	9 th Boys 1600 m Run
6:20	Varsity Boys 1600 m Run
6:35	9 th Girls 400 m Relay
6:40	Varsity Girls 400 m Relay
6:50	9 th Boys 400 m Relay
6:55	Varsity Boys 400 m Relay
7:05	9 th Girls 1600 m Relay
7:10	Varsity Girls 1600 m Relay
7:20	9 th Boys 1600 m Relay
7:30	Varsity Boys 1600 m Relay

How to register and enter your team.

Go to (www.directathletics.com)

Click **NEW USER**. (*If you attended the Central City Invitational you will not need to re-register your team.*)

Click to create a new **TEAM** account. Fill in the **Coach Information** and the **Team Information**.

Once you have registered all of your team's members; (*CC Invite teams start here*)
then go to **FIND A MEET**,
select **NEBRASKA**,
Click **Submit**.

Select the **CENTRAL CONFERENCE** meet from the listing and begin registering your team.

Make certain that you are in the correct section. It will say **Varsity Women, Varsity Men, Freshmen Men, or Freshmen Women**.

You may make your entries either by **EVENT** or by **ATHLETE**.

If you have any questions please email Jody Gavers (jgavers@esu7.org) or Dave Jorgensen (djorgens@esu7.org).