

# Superior Junior High Track Invite

**Saturday, April 1st, 2023 @ 10:00 am**

<u>Schools Involved:</u>	Deshler, Fillmore Central, Republic County, Sandy Creek, Superior, and Thayer Central
<u>Location:</u>	Superior High School Superior NE.
<u>Entries Due:</u>	<b><u>Entry fee is \$120.00 per school, payable to Superior Public Schools.</u></b> Please complete entries on Bound by 9:30 am on Friday, March 31st, 2023. <b><u>Each school will have unlimited entries for each event.</u></b> Limit of 4 events per athlete, but 5 athletes per an event.
<u>Scratch &amp; Add Meeting:</u>	<b><u>9:00 am</u></b> at the concessions building located north of the track.
<u>Field Events:</u>	All competitors will receive 4 jumps or throws. We will not have any preliminaries, <b><u>finals only.</u></b>
<u>Shot &amp; Discus Rings:</u>	Shot & discus rings are located on the football field south of the high school. Each athlete will have 4 total throws. There will be no finals.
<u>Running Events:</u>	No preliminaries. All running events will be finals -vs- time. Running events will take precedence over field events during the meet.
<u>Rules:</u>	All NSAA rules will be followed. We will be flexible in regard to uniform rule. Chalk or tape can be used for marking on the runways or aprons. Do not place tape on the track for relays. Deliberate defacing can lead to disqualification.
<u>Locker Rooms:</u>	Will not be available.
<u>Concessions:</u>	Will be available at the track.
<u>Restrooms:</u>	Restrooms available at northeast end of track.
<u>Scoring:</u>	We will score: 10-8-6-4-2-1 in individual events and 8-6-4-2 in relays. <b><u>You may enter as many individuals as you want in an event, as long as it does not violate the four event per individual rule. Only your top 3 athletes in an event are scored or can receive medals.</u></b>
<u>Spikes:</u>	Athletes must use 1/8" or less.
<u>Cancellation or Postponement:</u>	If weather conditions exist that are unsafe and unfavorable for the meet, information will be broadcast on Superior's radio station, KRFS, (1600AM-103.9FM) Please email a phone number and time of departure, so that we can notify your school in this situation.
<u>Team Tent Area:</u>	Tent area will be located on the North side of the track by the fence. The tent area will be marked. Please help keep the facilities clean by supervising your athletes. Make sure all the trash gets thrown away.
<u>Buses:</u>	Bus parking is available on south west side of the high school next to the Tennis courts.
<u>Meet Results &amp; Awards:</u>	Plaques for champion of boy's and girl's teams. <b>Medals for places 1-6 will be awarded for individual events and 1-3 for relays.</b> Medals and plaques, along with complete meet results will be available shortly after the meet at the concession stand area.
<u>Spectators Admission:</u>	\$4.00/Adults. \$3.00/Students. Spectators will be allowed on the field during the field events, but not during the running events.

Paul Heusinkvelt, Meet Director  
Superior High School  
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## Superior Junior High Track Meet Saturday, April 1st, 2023

### SCHEDULE OF EVENTS

9:00 AM Scratch Meeting  
10:00 AM Boys High Jump (followed by Girls High Jump)  
Boys Discus (followed by Girls Discus)  
Girls Triple Jump (followed by Girls Long Jump)  
Boys Long Jump (followed by Boys Triple Jump)  
Girls Shot Put (followed by Boys Shot Put)  
Girls Pole Vault (followed by Boys Pole Vault)

### RUNNING EVENTS

**RUNNING EVENTS START AT 12:30PM (TENTATIVE, may be adjusted)**

12:30 PM	1600 Meter Run	Finals
	Girls 100 Meter (30") Hurdles	Finals
	Boys 110 Meter (33") Hurdles	Finals
	100 Meter Dash	Finals
	400 Meter Dash	Finals
	200 Meter Hurdles (30")	Finals
	200 Meter Dash	Finals
	800 Meter Run	Finals
	4x100 Meter Relay	Finals
	4x400 Meter Relay	Finals

\*All running events will be finals against time!

We are asking that each of the schools in this meet help with the placement//removal of one or two flights of hurdles. It would be a great help to the speed of the meet:

Flights #1 and #2	Republic County
Flights #3 and #4	Fillmore Central
Flights #5 and #6	Superior
Flights #7 and #8	Deshler
Flights #9 and #10	Sandy Creek