

Superior Junior High Elks Invite

Saturday, March 30, 2019 10:00am

- Schools Involved: Deshler, Fillmore Central, Republic County, Sandy Creek, Superior, and Thayer Central
- Location: Superior High School Superior NE.
- Entries Due: Please complete entries online (see attached instructions) by noon on Wednesday, March 27, 2019. ***Each school will have unlimited entries for each event.*** Limit of 4 events per athlete. ***Entry fee is \$70.00 per school, payable to Superior Public Schools.***
- Scratch & Add Meeting: **9:00 am** at the concessions building located north of the track.
- Field Events: All competitors will receive 4 jumps or throws. We will not have any preliminaries, finals only.
- Shot & Discus Rings: 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.
- Running Events: No preliminaries. All running events will be finals -vs- time. Running events will take precedence over field events during the meet.
- Rules: All NSAA rules will be followed. We will be flexible in regard to uniform rule. No marking of any kind on the runways or aprons. Marks must be placed to the sides of these areas. Do not place tape on the track for relays. Deliberate defacing can lead to disqualification.
- Locker Rooms: Will not be available.
- Concessions: Will be available at the track.
- Restrooms: Restrooms available at northeast end of track.
- Scoring: We will score: 10-8-6-4-2-1 in individual events and 8-6-4-2 in relays. **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 will receive medals.**
- Spikes: Athletes must use 1/8" or less.
- Cancellation or Postponement: 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 list a phone number and time of departure on your entry form so that we can notify your school in this situation.
- Team Camps: Please help keep the facilities clean by supervising your athletes. Make sure all the trash gets thrown away.
- Buses: Bus parking is available on south west side of the high school next to the Tennis courts.
- Meet Results & Awards: Plaques for champion boys and girls teams. **Medals for places 1-8 will be awarded for individual events and 1-6 for relays.** Medals and plaques, along with complete meet results will be available shortly after the meet at the concession stand area.
- Spectators: Will be allowed on the field during the field events, but not during the running events.

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Superior Elks Junior High Track Meet

Thursday, March, 29, 2018

SCHEDULE OF EVENTS

9:00 AM	Scratch Meeting	<u>Workers Assigned</u>
9:30 AM	Boys High Jump (followed by Girls High Jump)	Deshler
	Boys Discus (followed by girls discus)	Fillmore Central
	Girls Triple Jump (followed by girls long jump)	Superior
	Boys Long Jump (followed by boys triple jump)	Thayer Central
	Girls Shot Put (followed by boys shot put)	Republic County
	Girls Pole Vault (followed by boys pole vault)	Sandy Creek

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
	300 Meter Hurdles	Finals
	200 Meter Dash	Finals
	800 Meter Run	Finals
	4x100 Meter Relay	Finals
	4x400 Meter Relay	Finals

Timer / Picker

1. Superior/Republic County
2. Superior/Deshler
3. Superior/Fillmore Central
4. Superior/Thayer Central
5. Superior/Sandy Creek
6. Superior/Superior
7. Superior/Superior
8. Superior/Superior

*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

Coaches,

We are using the Sydex track program. See the link below to access information, register, and send us your entries. **Please have all entries completed and sent to us by 12:00pm on Monday, March 25, 2019. Please call if you have questions.**

Track & Field Online Entries System

Instructions for Attending Coaches

1. Go to the Sydex website (www.sydexsports.com), and click on "Track Online Meet Entries".
2. The main page for Online Entries appears. Click "Roster Setup/Send Entries to a Meet".
3. The login screen appears. Type in your User Name and Password if you are a returning user. First-time users, click "Register as New User", fill in the fields, and click Proceed. The next screen asks for your team information. Fill in according to the on-screen directions.
4. On the Meet Selection screen, select your meet then click "Proceed to Add/Change Rosters...".
5. You are now successfully logged into the meet. Please review the meet information (bottom of screen), taking note of any "Special Instructions" given by the meet host.
6. Enter your rosters with the "View/Edit Roster" buttons. Follow all instructions, making sure to enter athlete grade/class if your host requires it! (You will be shown on-screen if it is needed).
7. Once you've entered your roster, return to the main screen. The events are listed in boxes -- men on the left, women on the right. To begin, click on the first event in the list, then click "Add/Change Event Entries". Note: if you have already put entries into a different meet with the Sydex online system, you may use the "Load Entries from Previous Meet" button. This will put previously entered athletes into the events, along with any seed marks you entered. Follow all instructions, clicking "Go To Next Event" as you work through the events. Click the "Confirm Entries and Return..." button when you are finished.
8. After all the athletes are in events, you may view your work by returning to the previous screen and clicking "View a List of Your Entries". You may either view entries by event, or by athlete.
9. To send the email of your entries to the host, click "Email your Entries to Host". You may send this email more than once, if necessary.