



BOONE CENTRAL

Mid State Conference Middle School Track Meet

Teams: Battle Creek, Boone Central, Cedar Catholic, Crofton, GACC, Norfolk Catholic, Pierce, Ponca, O'Neill, Wayne

Head Coach Corey Thome **Starter:** Todd Kramer/Jeff Bellar

Clerk of the Start: Tom Dickey **AD:** Jon Perone

Host/Site: Boone Central High School- Track and Field Complex
<https://goo.gl/maps/NhdBSTNw1Y82>

Team Parking: After unloading- Bus will park North and West of the Complex on 1st and Park Streets. Please see Map.

When: **Saturday April 26th**
10:00 am Field Events (*Field events will be three attempts and no finals. High Jump and Pole Vault will be run in the traditional manner.*)
1:00 pm Running Events
**coaches meeting at 9:15 in North Shed*
**Scratch/Adds in North Shed*

Entries will be entered through the Bound Website. If you already have an account, log in at <https://gobound.com/ne/> by clicking sign in and then selecting school. Go to your program then meet entries to enter your athletes. ***There will be no meet website link***

Registration opens 4/21 at 8:00 am and closes on 4/25 at 12:00 pm

If you have not registered, please contact brian.kujath@gobound.com to get signed up. Follow the links for further instructions on creating your roster:

Managing your Team's roster:

<https://intercom.help/boundhq/en/articles/6515780-managing-your-team-s-roster>

Signing up for the Meet: <https://intercom.help/boundhq/en/articles/6027605-how-to-submit-meet-entries>

Divisions 8th Grade Boys, 8th Grade Girls
7th Grade Boys, 7th Grade Girls

Equipment: All Athletes must wear Spikes NO LONGER THAN ¼ INCH

Timing/Scoring: Meet will be timed by Lynx System timing

Fee/Admission: Adults \$6.00 Students \$4.00

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Schedule of Events

Field Events- 10:00 AM

Boys Shot Put followed by Girls
Boys Long Jump followed by Boys Triple Jump
Boys Pole Vault followed by Girls
Girls High Jump followed by Boys
Girls Long Jump followed by Girls Triple Jump
Girls Discus followed by Boys

Running Events- 1:00 PM (approximate)

All races – Girls followed by Boys, 7th grade followed by 8th grade.

100 Meter Hurdles *Girls-30", Boys-33"*
100 Meter Dash
1600 Meter Run
400 Meter Relay
400 Meter Dash
200 Meter Hurdles *Girls-30", Boys-33"*
800 Meter Run
200 Meter Dash
1600 Meter Relay

Facility Map

Team Camp and Infield Reminders

1. The Football Field is for Athletes Warming up ONLY.
2. Athletes not warming up need to be outside the Fence
3. No Food Items on the Track and Field
4. Only Water is allowed on the Track and Field
5. No Gum or Sunflower seeds
6. Please enter/exit the Track at the North Entrance and the South Gate (the South Gate will be closed)
7. Team Camps will be allowed behind the bleachers and on the grass area directly West of the Ticket/Concession Stand.

