
Norfolk Catholic Jr. High Track Invite

Norfolk Catholic High School

- Meet Date:** Monday April 28, 2025 - 2:00 p.m.
- Entry Fee:** \$150.00 for each school
- Online** Complete online at (www.athletic.net)
- Entry Forms:** Completed by Thursday, April 24th at 5:00pm.
Phone: (402) 371-2784/ Jeff Bellar-(402) 841-9919, Renee Gilsdorf 402-920-0766
- Track Facilities:** Southwest of the high school
Use only 1/8" spikes on track and all runways.
- Field Events:** Shot Put: 7th & 8th grade boys and girls will use 4k shot. We will use 2 locations
Discus: We will use 2 locations.
High Jump: 1 location at north end of track.
Long jump & Triple jump: Runways are located west of the track.
Please have run-throughs completed before competition.
- Concessions/Restrooms:** Are available at track site.
- Camps:** **No camps on the inside of the track.** Camps can be set up west of the track.
- Meet Starter:** Jeff Bellar
- Scoring:** **All events will be conducted as finals. Best three throws and three jumps are final. All running events will be scored against time.** Individual events 10, 8, 6, 4, 2, 1 Relays 10, 8, 6, 4, 2, 1.
- Awards:** Scoring events and relays: Medals for 1st place and Ribbons for 2nd-6th place
Champion and Runner-up trophies
- Parking:** Please park all school vans and buses on the east side of the track along 23rd Street facing south. Spectator parking is available south of the high school and south of the St. Mary's Church.
- Teams Participating:** Boone Central, Madison, Norfolk Catholic, Stanton, Wayne
- Scratches:** Will be held in press box at 1:30-2:00 p.m. for all running events. Field events are scratched at field event site. A short coaches meeting will also be held at this time.
- Divisions:** We will run 4 divisions; 7th grade boys and girls, and 8th grade boys and girls.
- Entry Limitation:** Each individual may do 4 events. You may enter a maximum of three individuals per event.

Schedule of Events

Scratch and add: From 1:30 p.m.-2:00 p.m. In press box for running events.

FIELD EVENTS: 2:00 pm Start--Please scratch and add at event site.

Boys Long Jump followed by Triple Jump on West Runway.

Girls Long Jump followed by Triple Jump on East Runway

Girls Pole Vault followed by Boys Pole Vault

Boys High Jump followed by Girls High Jump

Shot Put: 7th Girls followed by boys (SW Ring), 8th Girls followed by boys (SE Ring)

Discus: 7th Boys followed by girls (SW Ring), 8th Boys followed by girls (NE Ring)

RUNNING EVENTS: Start: 4:00 p.m. approx. Girls then Boys

100 Low Hurdles - Girls (30" Height)

100 Hurdles - Boys (7th grade boys 33" 8th grade boys 33" Height)

100 Dash

1600 Run

400 Relay

400 Dash

200 Hurdles (Girls-30" and Boys 33")

800 Run

200 Dash

1600 meter Relay

TIMERS AND PICKERS:

1. Norfolk Catholic AT

FIELD EVENTS

Triple Jump and Long Jump (Girls) Stanton

Triple Jump and Long Jump (Boys) Norfolk Catholic

Pole Vault: (Boys and Girls) Norfolk Catholic

7th Discus: (SW Ring) Wayne

8th Discus: (NE Ring) Boone Central

7th Shot: (NW Ring) Madison

8th Shot: (SE Ring) Stanton

High Jump (Boys and Girls) Boone Central

****Norfolk Catholic will try to find as many workers as we can to run these events. Teams will be informed at the scratch/add meeting if their help will be needed. Thanks**

Starter:

Jeff Bellar

Clerk of Start:

Travis Fisher/Mike Bivens

Clerk of Finish:

Announcer:

Donnie Kellogg

Awards:

Pam Wieser

Computer:

Renee Gilsdorf/Amy Wattier/Pam Wolf

Score keeper

Pam Wolf

Runners: (2)

Students