

C-4 DISTRICT TRACK INFORMATION SHEET

1. The track is located on the northeast side of Ponca. Buses should park on the east side of the stadium along the east fence. Please face your bus to the South.
2. ROSTERS & ENTRIES ARE DUE ONLINE BY **MAY 10** at 9:00am. (page 12-13 of manual). We will use the AspiMeetz track entry system for the district meet. You will be able to update your entries until Thursday, May 10th at 9:00am. Computers will be available in the press box to make your final changes. Remember all distances and times must have been accomplished at a meet during the 2018 season. With the AspiMeetz system you will be able to see all entries in each event.
3. The addition of a participant in any event will be permitted in cases where the participant is already on the District roster form and **providing no additional heat is required.**
4. FAT Timing System will be used. Please remind your coaches and athletes to keep the finish line area clear.
5. Camps may be on the practice football field located on the north end of the complex.
6. NSAA rules will be enforced, please review the track and field manual. **Uniform rules will be enforced!!**
7. Relay team members are required by the NSAA to be listed on the AspiMeetz.entry.
8. Locker rooms will be available at the complex. Ponca Public School is not responsible for any lost or stolen articles.
9. Only track spikes of 1/8" or less will be allowed. No needle spikes.
10. No tape on the runways or track. Chalk or tennis balls will be available.
11. A concession stand will be available.
12. Awards will be handed out at the conclusion of the meet and the results sent through AspiMeetz.
13. At the conclusion of any field event, there shall be no further practice and the implements will be removed from the area.
14. At the conclusion of the meet, please advise your team to pickup their prospective areas, and leave through the appropriate exits.
15. **Qualifying from Prelims to Finals:**
 - When running two heats, the first and second place runners and the next four fastest times will qualify for the final.
 - When running three heats, the first place runner and the next five fastest times will qualify for the finals.
 - When running four heats, the first place runner and the next four fastest times will qualify for the finals.
 - If you have more than four heats you must run semifinals.
16. We look forward to hosting the district track meet.
17. Opening heights for high jump and pole vault will be determined by district entries.

C-4 DISTRICT TRACK MEET

MEET DIRECTOR.....	Bob Hayes
REFEREE	Ted Stubbs
CLERK OF START.....	John Stroud/Mike Brandt/Derek Lahm
CLERK OF FINISH.....	Russ Flamig/Mark Gehring
STARTER.....	Gayle Dahlkoetter
ANNOUNCER.....	A.J. Johnson
SCORING.....	Kristie Hayes

FIELD EVENTS

(PLEASE PROVIDE HELPERS AND MEASURING TAPES)

Shot Put Girls	Ponca
Shot Put Boys	Homer
Discus Boys.....	Ponca
Discus Girls.....	Ponca
Long Jump Girls.....	Hartington CC
Long Jump Boys.....	Laurel CC
Triple Jump Boys.....	BRLD
Triple Jump Girls	Wakefield
High Jump Boys	EHP
High Jump Girls	Winnebago
Pole Vault Boys	Hartington-Newcastle
Pole Vault Girls	Ponca

TIMERS

1 st	Omaha Nation
2 nd	Wakefield
3 rd	Hartington CC
4 th	BRLD
5 th	EHP
6 th	Ponca
7 th	Ponca
8 th	Ponca

Pole Judge for 800, 1600, 3200, 4x400 Relay and 4x800 Relay.....Bart Kneifl

Exchange Judges for 4 x 100 Relays

1 st Exchange	Omaha Nation
2 nd Exchange	Ponca
3 rd Exchange.....	Laurel-Concord-Coleridge

Hurdle Flights

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| 1. Ponca | 2. Laurel CC |
| 3. BRLD | 4. Hartington-New |
| 5. Hartington CC | 6. EHP |
| 7. Wakefield | 8. Homer |
| 9. Ponca | 10. Ponca |