

# **2024 ARCHBISHOP BERGAN CATHOLIC SCHOOL INVITATIONAL**

## **COACHES INFORMATION**

**Meet Date: Thursday, May 2, 2024**

**Start Time: 10:30pm (Field Events), 12:30pm (Running Events)**

**Entries Due: Wednesday, May 1, 2024 (using BOUND website)**

**Meet Director: Curtis Marolf, [curtis.marolf@berganknights.org](mailto:curtis.marolf@berganknights.org), (402) 721-9683**

**Starter: Scott Beckler**



### **TEAMS:**

Aquinas Catholic  
Aquinas Catholic JV  
Archbishop Bergan  
Archbishop Bergan JV

Bishop Neumann  
Bishop Neumann JV  
Brownell-Talbot  
Concordia

Cornerstone Christian  
Lincoln Lutheran

## **ENTRY FEE OF \$150.00 IS DUE BY THURSDAY, MAY 2, 2024**

1. Teams are allowed 3 entries for individual events and 1 team for relay events
2. **Coaches meeting will be held in the press box at 9:45am**
  - Coaches are responsible for their own scratch/adds upon arrival (clipboards will be set out in press box)
3. Only emergency substitutes in running and field events can be done by the coach at 9:45 during the scratch and add meeting. Any other changes should be completed using BOUND website by 12:00pm on Wednesday, May 1, 2024.
4. Coaches, please Inform your contestants that if they are entered in two (2) or more events, they are to **report/check in to all events**. If they have not checked in before the completion of the event, they will be unable to compete
5. Contestants missing his/her preliminary heat will not be allowed to compete in a later heat. All participants are expected to report to their events and heats in a punctual manner
6. A championship and runner-up trophy will be awarded in the boys and girls divisions
7. Medals will be presented to the first six places in the individual events
8. Scoring will be 10-8-6-4-2-1
9. Results & Awards may be picked up by the coaches at the completion of the meet in the press box.
10. Field events will consist of prelims and finals. The top 8 out of prelims will advance to finals.
  - High Jump: \*\*\* No tape on the apron – chalk will be provided \*\*\*
  - Shot Put and Discus: Each athlete will be allowed 3 preliminary throws. Each athlete will be required to take 2 throws in succession and may take all 3 in succession. Each athlete will be given one warmup throw between flights. Each athlete who qualifies for the finals will be allowed 3 additional throws
  - Long Jump and Triple Jump: Each athlete will be allowed 3 preliminary jumps. Each athlete will be permitted one run-through between flights. Each athlete who qualifies for the finals will be permitted 3 additional jumps. \*\*\* No tape on the runways – chalk will be provided \*\*\*

11. Opening height for high jump and pole vault will be determined by the entries
12. The qualifiers for finals in running events will be as follows:
  - 2 preliminary heats: Top 2 from each heat, plus the next 4 fastest times
  - 3 preliminary heats: Winner of each heat, plus the next 5 fastest times
13. Relay runners should know exchange zones and what constitutes a legal exchange
14. All protests must be reported to the meet director immediately
15. NSAA rules will apply for boys and girls
16. All participants should know about legal and illegal dress as outlined in Rule 4, Section 3. Also check your relays to make sure they are in compliance with the rules
17. 1/8" spikes only are permitted on the track. Tape is not permitted on the track or runways
18. Dressing rooms are not available at Heedum Field
19. Buses are to park in the parking lot to the east of the YMCA and north of Heedum Field
20. Meet schedule will be followed as closely as possible. Coaches and athletes are asked to act in a manner which will allow the meet to run smoothly
21. Warming up is to be done on the back stretch and football field. All participants are to stay out of the infield area unless they are in an event or warming up. Coaches are asked to assist us in keeping the field clear of other athletes. Athletes not competing should stay in the bleachers or in their team camps. (Team camps are to be located outside of the track only)
22. Coaches make sure your athletes are in compliance with all NSAA track rules. Please pre-teach the rules associated with profanity
- 23. ABSOLUTELY NO FOOD OR SUNFLOWERS SEEDS ON THE FOOTBALL FIELD – COACHES PLEASE HELP US MONITOR THIS**
24. Hospitality will be provided during the meet for coaches, meet workers and bus drivers

### **FULLY AUTOMATED TIMING SYSTEM WILL BE USED FOR THIS MEET**

- Coaches should enter athletes for this track meet using the BOUND website
- Athletes will be given hip tag numbers, which correspond to their lane. In order to accommodate the number of athletes, participants should check in at the hip number tent by heat.
- Please remind athletes and coaches to stay clear of the finish line. Activity around the finish line may disrupt timing.
- **ABSOLUTELY NO COACHES AND ATHLETES ARE ALLOWED IN THE F.A.T. TIMING TENT. THIS WILL BE STRICTLY ENFORCED. IF YOU NEED A TIME OR ARE QUESTIONING PLACEMENT, PLEASE CONTACT THE MEET DIRECTOR OR WAIT FOR RESULTS TO BE POSTED.**

**Archbishop Bergan Invitational Track Meet @ Heedum Field**  
**Thursday, May 2, 2024**

**Order of Events**

**Field Events Time Schedule**

**10:30 a.m.**                      Girls Triple Jump, Discus, High Jump  
Boys Long Jump, Shot Put, Pole Vault

**Followed by:**                Girls Long Jump, Shot Put, Pole Vault  
Boys Triple Jump, Discus, High Jump

**Running Event Time Schedule**

<b>12:30 p.m.</b>	3200 Meter Relay, <b><u>Finals</u></b>	Girls
<b>Prelims:</b>	3200 Meter Relay, <b><u>Finals</u></b>	Boys
	100 Meter High Hurdles	Girls
	110 Meter High Hurdles	Boys
	100 Meter Dash	Girls
	100 Meter Dash	Boys
	400 Meter Dash, <b><u>Finals</u></b>	Girls
	400 Meter Dash, <b><u>Finals</u></b>	Boys
	3200 Meter Run, <b><u>Finals</u></b>	Girls
	3200 Meter Run, <b><u>Finals</u></b>	Boys
	200 Meter Dash	Girls
	200 Meter Dash	Boys

**15 min. following the completion of prelims**

<b>Finals:</b>	100 Meter High Hurdles	Girls
	110 Meter High Hurdles	Boys
	100 Meter Dash	Girls
	100 Meter Dash	Boys
	800 Meter Run	Girls
	800 Meter Run	Boys
	300 Meter Low Hurdles	Girls
	300 Meter Intermediate Hurdles	Boys
	200 Meter Dash	Girls
	200 Meter Dash	Boys
	1600 Meter Run	Girls
	1600 Meter Run	Boys
	400 Meter Thrower's Relay	Girls (non-scoring)
	400 Meter Thrower's Relay	Boys (non-scoring)
	400 Meter Relay	Girls
	400 Meter Relay	Boys
	1600 Meter Relay	Girls
	1600 Meter Relay	Boys