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SEWARD HIGH SCHOOL

532 Northern Heights Drive

Seward, NE 68434

Meet Date 04/29/2024

To: AD’s Track Coaches, and Fans

From: John Moody, Seward High School AD

Seward High School JV Track meet information:

Field Events 4:00 pm, Running Events 5:00 pm

Team busses: Please park in the parking lot South of the High School. Additional bus parking is located at the North end of the lot between the track and school.

Admission: $5 Adults, $4 Students. School faculty passes will be accepted for the bearer only.

Entries: Registration is open in Bound.

Entry Deadline: 4/28/24, 8:00 pm. 5 entries per event, 4 entries per individual, 2 relays per school.

Entry Fee- **$120 per school** ($60.00 if only boys or only girls), Make checks payable to Seward High School.

Scoring: No team scoring will be kept.

Awards: Ribbons will be given to the top 6 places in each event.

Locker Rooms: No lockers will be available, please come dressed. Each team will be responsible for their own valuables. **RESTROOMS ARE AVAILABLE ON SITE.**

Team Tents: May be set up in the open areas outside of the track area, no camp sites on the football field.

Timing: We will use hand held timing. Schools may be asked to provide assistance.

Coaches Meeting: No formal scratch/add meeting. A master copy of the schedule will be located at the concession stand, make all changes upon arrival.

Finals: All running events will be run as finals. Four (4) attempts in SP/Discus/LJ/TJ events, no finals. Athletes will make two consecutive throws, each will be flagged, best effort will be measured. Depending upon entries, the attempts in the throws may be reduced. Starting heights TBD based on entries.

Concessions: Full concessions will be available at the South end of the track.

Invited Schools: Aurora, Beatrice, Crete, Fairbury, Lincoln Lutheran, Milford, Mount Michael, Northwest, Schuyler, Wahoo, Waverly & York.

Order of events:

**Field Events begin at 4:00pm**

Girls PV followed by Boys PV

Girls LJ followed by Boys LJ

Boys TJ followed by Girls TJ

Boys HJ followed by Girls HJ

Boys SP followed by Girls SP

Girls Discus followed by Boys Discus

**RUNNING EVENTS BEGIN AT APPROXIMATELY 5:00PM- ALL EVENTS ARE FINALS.**

**GIRLS RUN FIRST FOLLOWED BY BOYS.**

**THERE WILL BE A BRIEF PAUSE IN RUNNING EVENTS AFTER THE 4 X 800 RELAY, SHS WILL HONOR SENIOR TRACK ATHLETES AT THAT TIME.**

4 X 800M RELAY

100M HH

110 M HH

100 M DASH

1600 M RUN

4 X 100M RELAY

400M DASH

300M LH

300M INT H

800 M RUN

200M DASH

3200M RUN

4 X 400M RELAY

Any questions please contact:

*The school district of Seward, in cooperation with parents and community, affirms that all students will have the skills to become productive and contributing members of a global community. The district is committed to the development of each* *student academically, socially, and physically.*

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