

**NEBRASKA SCHOOL ACTIVITIES ASSOCIATION**

**DISTRICT C-7 TRACK & FIELD MEET**

**THAYER CENTRAL COMMUNITY SCHOOL**

**MAY 13, 2021**

**BLUE HILL, DONIPHAN-TRUMBULL,  
FILLMORE CENTRAL, HASTINGS ST.  
CECILIA, HEARTLAND, SANDY CREEK,  
SOUTHERN VALLEY, SUPERIOR, SUTTON,  
THAYER CENTRAL**



**NEBRASKA SCHOOL ACTIVITIES ASSOCIATION  
C-7 DISTRICT TRACK TIME SCHEDULE**

**Coaches Meeting:** 9:30 A.M.

**Field Events:** 10:30 A.M.

Session One:

Boys' Discus, Boys' Long Jump, Boys' High Jump

Girls' Shot, Girls' Long Jump, Girls' Pole Vault

Session Two:

Boys' Shot Put, Boys' Triple Jump, Boys' Pole Vault

Girls' Discus, Girls' Triple Jump, Girls' High Jump

**Running Events:** All events will have girls heat(s) first followed by boys' heat(s).

1:30 3200 M Relay Finals

2:00 100 M High Hurdles Prelims

2:15 110 M High Hurdles Prelims

2:30 100 Meter Dash Prelims

2:40 400 M Dash Finals

3:10 3200 M Run Finals

3:40 200 M Dash Prelims

BREAK

**A Rolling Schedule may be used in the second session after break if weather issues persist.**

4:30 100 M High Hurdles Final

4:45 110 M High Hurdles Finals

4:55 100 M Dash Finals

5:10 800 M Run Finals

5:30 300 M Low Hurdles Finals

5:55 300 M Intermediate Finals

6:05 200 M Dash Finals

6:15 1600 M Finals (two heats if more than 24 runners)

6:35 400 M Relay

6:50 1600 M Relay

Awards Presentation to Follow

**Races will be run on the scheduled time unless weather conditions dictate otherwise. The meet director reserves the right to make changes due to this.**

# NEBRASKA SCHOOL ACTIVITIES ASSOCIATION DISTRICT C-7 TRACK & FIELD

Thayer Central Community School

Hebron, NE

Thursday, May 13, 2021

Meet Director: Kurk Wiedel  
Starter: Don Bottorf  
Referee: Mike Rasmussen  
Jury of Appeals: Steve Ramer - Sutton  
Ryun Theobald - Fillmore Central  
Matt Swartzendruber - Sandy Creek  
Clerk of the Start: Louie Keim  
Clerk of the Finish: Tom Kiburz  
Meet Announcer: Deb Bulin

**Head Coaches:** Review all information in the NSAA 2021 Track & Field Manual.

**District Entries and District Roster Form & Dates:**

**Here is the link to enter your athletes:** <https://www.vbmeets.com/32380>

Wednesday, April 28<sup>th</sup> at 12:00 pm - Entries open on the vbmeets.com website.  
Coaches do not need to send to the NSAA. Be sure to use NSAA C-7 DISTRICT MEET

Wednesday, May 5, 2021 at 12:00 pm - Entry deadline

Thursday, May 6<sup>th</sup> – A list of entries will be emailed to each school.

Monday, May 10<sup>th</sup> – Updates and time/mark changes are due by 10:00 a.m. by fax or email.

**Submitting times:** In order to assist the director in arranging the entries, the best time of record should be placed on the vbmeets.com entry blank using FAT timing. **Please convert all hand-held times (ex: add 0.24 to all hand-held times).** The time or distance submitted must have been made during interschool competition and the result of an actual distance race and not a relay split. It is recommended that the results be from a major meet. *Be able to verify times and distances at the May 10<sup>th</sup> Zoom meeting if a challenge is brought to the meet director.*

**Scratch & Add Meeting:** Via Zoom - Monday, May 10<sup>th</sup> @ 7:00 PM.  
Join Zoom Meeting <https://sndlc.zoom.us/j/95624248800>

**Pre-Meet Scratch Meeting:** Thursday, May 13<sup>th</sup>, 9:30 a.m., Thayer Central elementary gym. Scratch and replace only. **No additions.** We will reheat if necessary immediately following the meeting and copies made available to coaches.

**Entrants:** An individual may be entered in **ONLY FOUR EVENTS** to include relays and all individual events.

**Entry Fee:** \$120.00 per school (\$60.00/gender team) made payable to Thayer Central Community Schools and is due before the scratch and add meeting. (Please note that we are adding an additional fee of \$20 from each school to help secure a second camera in case the need arises to turn around a race due to the wind direction.)

**Implements:** For the discus and shot put events, you may bring your own equipment; however, your discus and shot must be weighed in and approved. Weigh-ins will take place at 9:00-9:20 a.m., Thursday, May 13<sup>th</sup> outside (north side) of elementary (east) gym. All approved equipment will be marked and placed in a circle for use by all competing contestants.

**Pole Vault:** Official weight cards must be brought the day of the meet, and the weight/pole rating sticker must be visible. No exceptions.

**Grills:** We request and will enforce that no grills will be allowed to be brought onto school property.

**Coach/spectator viewing:** During the field events, we will designate areas for fans to view these events. Following the field events, spectators will be required to be in the stands. No one will be allowed to move around on the infield except participants, workers, and coaches. Designated areas may be used for warm-ups.

**Sportsmanship NFHS Rule 3-4-8:** Please remind your athletes that they should exhibit good sportsmanship at all times. Coaches will be required to sign the NFHS and NSAA Sportsmanship Message and turn it in at the coaches meeting on Thursday, May 13<sup>th</sup>.

**Uniforms NFHS Rule 4-3:** The federation rules on competitor's uniforms will be strictly enforced. Please be sure to share this with your athletes as disqualification is the penalty for illegal uniform.

**Appeals:** All appeals must be in writing to the referee. The referee will rule directly on all appeals unless he wishes to consult with the jury of appeals.

**Video:** We will video record each race. There will be no appeals process for video. The games committee (meet director, referee and jury of appeals) shall reserve the right to review video.

**Field Events:** All judges of field competition are to allow competitors to participate in their other events.

**No warm-ups are allowed until the event director is at the event site.**

This will be enforced and violations can result in disqualification. This is a liability issue. Remind your students not to put down marks on runway before they are cleared to do so by the event director.

- A. Event director may permit a competitor to take jumps/throws in succession or go out of order.
- B. It is on the athlete to check in with their event prior to its start and to inform the event director of conflicts.
- C. High jump and pole vault competitors will have to be on time, as the bar cannot come back down.
- D. An athlete who does not show up for their event is scratched for the meet.

**Event Calls:** We will not run ahead of schedule on the running events.

- First call will be given 30 minutes before an event.
- Second call will be given 15 minutes before an event.
- Final call will be given 5 minutes before an event.

**Injury Default/Scratches:** If an athlete needs to default or scratch from an event after the meet has started, they must talk directly to the event director for field events or the clerk of the start/starter for track events to be excused. Once this is done, they will be excused from that event and will still be eligible for future events during the meet.

**IT'S THE ATHLETE'S RESPONSIBILITY TO BE ON TIME FOR AN EVENT.**

**Emergency Postponement:** Inclement weather and/or poor track and field conditions may force postponement of a district track meet. The meet director (WITH PERMISSION FROM THE NSAA EXECUTIVE DIRECTOR) has sole authority for the postponement and rescheduling of such meet. Head coaches will be required to give contact names and numbers on the date of the scratch/add meeting. We will follow "Guidelines for Lightning Safety".

**Schedule of Events:** Included in this packet.

**Scoring Six Places:** Individual and relay events 10-8-6-4-2-1

**Qualifying from Prelims to Finals:**

- When running two heats, the first and second place runners and then next four fastest times will qualify for the finals.
- 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.
- When running five heats, the first place runner and the next three fastest times will qualify for the finals.

**Use of Super Alley Start:** All track districts are expected to use the super alley start for the 800m run, 1600m run, 3200m run, and the 3200m relay.

**Results:** Results will be verified and recorded in the upper level of the press box. A results board will be made available west of the grandstand where results will be posted after verification. Coaches requesting information must visit with the meet director.

**Qualifying for Class C State (NINE District Meets):**

- **INDIVIDUAL RUNNING EVENTS:** The winners of the first two places in each event will qualify for the state meet, plus the next SIX fastest times of the non-qualifiers, regardless of place in a finals event. There shall be a maximum of 24 qualifiers. If there is a tie for the last qualifying spot, none of those tied shall qualify.
- **RELAY EVENTS:** The winners of FIRST place in each event will qualify for the state meet, plus the next SEVEN fastest times of the non-qualifiers, regardless of place in a finals event, with a maximum of 16 relay teams qualifying. If there is a tie for the last qualifying spot, none of those tied shall qualify.
- **FIELD EVENTS (LJ, TJ, Shot, Discus):** The first TWO places in each event will qualify for the state meet, plus the next SIX best performances of the non-qualifiers across all districts. In case of a tie for the last qualifying spot, all of those tied shall qualify.
- **FIELD EVENTS (PV, HJ):** The first TWO places in each event will qualify for the state meet, plus all who equal or exceed the additional qualifier mark at the 2021 NSAA Class C District Track Meet.
- **NOTE:** Athletes placing first or second must have cleared 9'5" or height to qualify in the boys' pole vault and 6'6" or higher in the girls' pole vault.

**Qualifying Heights:** Boys' Pole Vault – 13' 5"  
 Girls' Pole Vault – 9' 10"  
 Boys' High Jump – 6' 1"  
 Girls' High Jump – 5' 0"

**Starting Heights:** Opening heights in pole vault and high jump will be determined from district entries. Continuing flights of five will be used in the high jump and pole vault, with the best competitors jumping last.

**Height Progression:** The pole vault and high jump competitions will advance 6 inches and 2 inches, respectively. Successive heights will not change until one competitor remains and the winner has been determined, or all remaining competitors agree to a change. **At all district meets, the state qualifying mark will be inserted into the progression**

**Spikes:** Only 1/8" spikes will be allowed on the track and runways. This will be strictly enforced.

**Runways and Track:** **NO TAPE** will be allowed on the runways or track. Please use chalk, dots or something that can be placed next to the runway.

**Workers:** Thayer Central Schools will provide workers for each event of the day.

**Meal:** There will be a meal provided to all coaches and workers at the designated break time. Coaches will be provided with a meal ticket at the scratch meeting.

**Please let me know a meal count of Coaches, Bus Drivers, Administrator's by Wed. May 5th, by 9:00 AM in order to finalize plans with the caterer.**

**Parking for Vans and Buses:** Please park buses and vans on the North and West of the track facility – Barger Street and 9<sup>th</sup> Street. We suggest you come down 9th street and then head east up Barger to alleviate issues of having to turn your bus around.

**Camp Areas:** All camp areas are required to be outside of the track on the EAST side of track area. Please check and clean up your camp area at the conclusion of the meet.

**Restrooms:** The main restrooms are available behind the concession stand which is located under the bleachers. There will be a porta potty available by the buses for athletes to use.

**Dressing and Locker Rooms:** Not available.

**Awards:** First place and runner-up plaques will be given for each division. Medals for six places in each event will be awarded. Event winners will be awarded the medals in the infield at the awards area.

**Admission:** \$5.00 for adults, \$4.00 for students.

Everyone entering a gate will be charged admission. No passes will be provided.

**Concession Stand:** Will be open at the track.

**Questions:** Contact one of the following individuals (402-768-6117):

Kurk Wiedel, Athletic Director: [kurk.wiedel@thayercentral.net](mailto:kurk.wiedel@thayercentral.net)

Staci Hergott, Admin. Assistant to AD: [staci.bergott@thayercentral.net](mailto:staci.bergott@thayercentral.net)

Deb Vorderstrasse, Head Girls Coach: [deb.vorderstrasse@thayercentral.net](mailto:deb.vorderstrasse@thayercentral.net)

Bryan Solomon, Head Boys Coach: [bryan.solomon@thayercentral.net](mailto:bryan.solomon@thayercentral.net)



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DISTRICT C-7 TRACK AND FIELD MEET

Thayer Central Community School  
Hebron, NE  
Thursday, May 13, 2021

Meal Count From (Circle Your School Name)

Blue Hill

Doniphan-Trumbull

Fillmore Central

Hastings St. Cecilia

Heartland

Sandy Creek

Southern Valley

Superior

Sutton

Thayer Central

Number of coaches/bus drivers/administrators in attendance \_\_\_\_\_.  
(Include both girls' and boys' coaches in one count.)

The number given for count is the number of meal tickets handed out to your school at the pre-meet coaching meeting.

Please submit lunch count by Wednesday, May 5<sup>th</sup>, 9:00 AM by fax (402) 768-6110 or email at [staci.hergott@thayercentral.net](mailto:staci.hergott@thayercentral.net)