



BEARCAT ALL-AGES OPEN #4



Saturday, March 2nd, 2024

Hughes Fieldhouse

Nodaway Valley Bank Track

ROLLING SCHEDULE AFTER START TIME OF 11:00 AM

Please check in at your event. There will be first, second, and final call for running events.

Saturday

**** Warm Ups will start at 9:30am**

11:00	3200m Run	Girls	** 10:30	Shot Put	Boys and Girls
	3200m Run	Boys		High Jump	Boys
	4,000m DMR			Long Jump (South runway)	Girls
	60m Hurdles*	Girls			
	60m Hurdles*	Boys	12:00	Long Jump (South runway)	Boys
	60m Dash	Girls		High Jump	Girls
	60m Dash	Boys		Weight Throw	Boys/Girls 14 up
	400m Dash	Girls			
	400m Dash	Boys	1:00	Triple Jump (South runway)	Boys/Girls 14 up
	1600m Run	Girls			
	1600m Run	Boys			
	200m Dash	Girls	**	Field Events will have 4 attempts,	
	200m Dash	Boys		High Jump will have the standard 3	
	800m Run	Girls		attempts per bar.	
	800m Run	Boys			
	4x400m Relay				

***HURDLES - NO 5-10yo heats. Please indicate division upon arrival**

INDOOR EVENTS						
Division	Distance	Hurdles	Height	To First	Interval	To Finish
11-12 GB	50m	4	30"	12m	7.5m	15.5m
11-12 GB	55/60m	5	30"	12m	7.5m	13m/18m
13-14 G	55/60m	5	30"	13m	8.5m	8m/13m
13-14 B	55/60m	5	33"	13m	8.5m	8m/13m
15-18 G	55/60m	5	33"	13m	8.5m	8m/13m
15-18 B	55/60m	5	39"	13.72m	9.14m	4.72m/9.72m

All running events will be girls 10 & under, girls 11-13 (middle school), girls 14 and up.

Followed by boys 10 & under, boys 11-13 (middle school), boys 14 and up.

All relays will be heated by time.

Some races may be combined, dependent upon entry numbers.

LIVE RESULTS & HEAT SHEETS

Live Results: <http://www.blacksquirreltiming.com/live-results>





BEARCAT ALL-AGES OPEN #4

Saturday, March 2nd, 2024

MEET INFORMATION



- Participants:** These meets are open to individuals as well as clubs – **ALL AGES**. All events will be seeded by age group, time/mark and gender, dependent upon event entry numbers. We will have three age groups: 10 & under, 11-13 (middle school), 14+ (high school and up).
- Event Site:** Hughes Fieldhouse Indoor Facility / Nodaway Valley Bank Track
Northwest Missouri State University – Maryville, MO 64468
- Starting Time:** Field events will begin at 10:30 am and running events 11:00 am. Doors open at 8:30 am.
- Admission:** \$5 entry for adult spectators (kids 16 and under free) **Cash or Check only please.**
\$15 per event for athletes.
- Entry Fee:** \$15 per event entered for each athlete. **Entry Fees should be paid with cash or check upon arrival to venue at the registration table.** (ex: Joe in the 60m Dash and the 200m Dash = \$30, Brian in the 200m Dash and Long Jump = \$30, total of \$60)
Cash or check only. \$15 per event entered (not per athlete). ALL entry fees will be collected at the registration table upon arrival.
Make checks payable to Northwest Missouri Track & Field.
- Entries:** Entries will only be accepted through www.directathletics.com. Entries site will be open Friday, January 5th at 12:00pm and closes at 5:00pm Friday, March 1st. **At this time running event entries are final and considered entered and declared. NO track/running event registration walk ups will be allowed.** FIELD EVENT walk ups will be allowed until to 9:30am for all field events.
RELAYS: Relays will be accepted upon arrival at registration table. ALL Relay cards must be submitted before the start of running events at 11:00am. Those running on a relay must be registered in an open event. No entry fee for relays.
- Check In:** **Please check in and pay entry fees/admission through the South entry to Hughes Fieldhouse. The upper East doors will be locked.**

Schedule and heat sheets will be available at www.blacksquirreltiming.com. That information will also be available at the check in tables.
- Facilities:** 300 meter Beynon BSS 300 surface with 6 lanes on the oval and 8 on the straights. Jumping areas are Beynon BSS 300. **Tape only for jump marks on runway, chalk and cones will not be permitted.** Throwing events will be off wooden platforms on the infield/south end.
- Implement Weigh In:** *All implements will be weighed in at the throwing venue prior to the start of event. Athletes need to bring implements with them when they check in with the head official.*
- Field Events:** Long Jump and Triple Jump will be cafeteria style. 4 attempts may be completed at the athletes' availability around other events. **High Jump IS NOT cafeteria style** as they are bar events. Please check in with the official before the event start time if you are competing in one of these events and have a conflicting event. Please see the throws official for

instruction if you have a conflicting event in Shot Put or Weight Throw. We will not have a Pole Vault competition at this meet.

Clerking: Hip numbers can be picked up at the check-in table on the turf. Please check in and get hip numbers at least 30 minutes (approximately one event) prior to the start of each running event. Athletes must report to the start line by the last call of their event.

Live/Final Results: Live results will be available at www.blacksquirreltiming.com during the meet and will be announced throughout the day in the venue. Results will also be posted in the lobby area of the Hughes Fieldhouse as they become available. Results will be available on the following website: www.blacksquirreltiming.com

Trainer: Athletic trainers will be available during the meet to administer first aid. Treatments available are primarily heat and ice, and any bandaging.

Additional Info: Nikki Segrest - Northwest Missouri State University
Meet Management – bearcatrack@nwmissouri.edu