

NEW



•HASTINGS• THURSDAY, MAY 5, 2016 For kids 8-13 years old As of December 31, 2016



- **TIME:** 4:30 p.m. – approximately 8:00 p.m. (field events will be first, lasting about 60 minutes, with track events to follow.)
- **REGISTRATION INFORMATION:** This event is free, however participants need to **pre-register by completing the form below by Friday, April 30th**. Please deliver or mail the registration form to: Hastings Park and Recreation Department, 2015 W. 3rd St, Hastings, NE, 68848. Call 402-461-2324 for more information.
- **MEET LOCATION:** Hastings High School Track.
- **AWARDS:** Ribbons will be awarded to the top four finishers in each event.
- **CHAMPIONSHIP MEET:** 1st-4th place finishers from each local meet will advance to compete at the Central Nebraska Youth Track & Field Meet Championships. The Championship will rotate amongst the five cities from year to year. The 2016 Championship Meet will be held in York on Saturday, June 18.
- **COORDINATION:** This event is coordinated by the City of Hastings Park and Recreation Department.
- **LOCAL MEET WEBSITES:** Visit www.ci.north-platte.ne.us, www.grand-island.com, www.cityofkearney.org, www.cityofyork.net and www.cityofhastings.org/parks, for information regarding other Central Youth Track & Field Nebraska Meets.

A RECREATIONAL TRACK & FIELD MEET FOR KIDS FROM CENTRAL NEBRASKA!

Cut here and save top portion for your information.



2016 Central Nebraska Youth Track & Field Meet Hastings Entry Form

For Office Use Only:
Please check age and gender with Birth Certificate.
<input type="checkbox"/> Age <input type="checkbox"/> Gender

PLEASE PRINT CLEARLY (This form and waiver on back must be entirely completed to be eligible)

NAME (Last)	(First)	(Middle Initial)	Boy	Girl
ADDRESS (Street)		(City)	(Zip Code)	
Day Phone Number	Date of Birth	Age as of 12/31/15	School Currently Attending	

IMPORTANT – Participants can enter up to four events using either of the following combinations: two (2) dash/run events, one (1) track relay and one (1) field event, OR one (1) dash/run event, one (1) track relay and two (2) field events. Please circle the events you wish to participate under the correct age group. Relay team members do not have to be in the same age group, but will compete in the division of the oldest person. Relay teams must be of the same gender.

Register according to your age as of December 31, 2016

8-9 year olds (DOB 2007-2008)

- 50 Meter Dash
- 100 Meter Dash
- 200 Meter Dash
- 400 Meter Dash
- *4x100 Meter Relay
- *800 Medley Relay (100m, 100m, 200m, 400m)
- Standing Long Jump (Field)
- Softball Throw (Field)

10-11 year olds (DOB 2005-2006)

- 100 Meter Dash
- 200 Meter Dash
- 400 Meter Dash
- 800 Meter Run
- *4x100 Meter Relay
- *800 Medley Relay (100m, 100m, 200m, 400m)
- Standing Long Jump (Field)
- Softball Throw (Field)

12-13 year olds (DOB 2003-2004)

- 100 Meter Dash
- 200 Meter Dash
- 800 Meter Run
- 1600 Meter Run
- *4x100 Meter Relay
- *800 Medley Relay (100m, 100m, 200m, 400m)
- Running Long Jump (Field)
- Softball Throw (Field)

* **Relay Team**—List names of your team. Must have four entrants. Must register by oldest member of the team.

1. _____	3. _____
2. _____	4. _____

Please complete waiver on the back of this form.

ORDER OF EVENTS:

- | | |
|--|---|
| 1. *SOFTBALL THROW
Girls & Boys 12-13, 10-11, 8-9 | 6. 50 METER DASH
Girls & Boys 8-9 |
| 2. *STANDING/RUNNING LONG JUMP
Girls & Boys 8-9, 12-13, 10-11 | 7. 100 METER DASH
Girls & Boys 10-11, 12-13, 8-9 |
| 3. 1600 METER RUN
Girls & Boys 12-13 | 8. 200 METER DASH
Girls & Boys 10-11, 12-13, 8-9 |
| 4. 4X100 METER RELAY
Girls & Boys 12-13, 8-9, 10-11 | 9. 400 METER DASH
Girls & Boys 10-11, 8-9 |
| 5. 800 MEDLEY RELAY
Girls & Boys 8 -9, 10-11, 12-13 | 10. 800 METER RUN
Girls & Boys 12-13, 10-11 |



**In case of bad weather,
please call
4-INFO at 462-7109
to hear postponement or
cancellation information.**



*The softball and long jump events should be completed by approx. 5:30 p.m.

REGULATIONS:

- All participants must compete in their correct age group and gender division.
- Use of track shoes with or without spikes is not permitted. Turf shoes with rubber cleats are also not permitted. Rubber-soled shoes are allowed. No starting blocks will be used. Relay batons will be provided.
- Competitors may only participate in one local qualifying meet (Grand Island, Hastings, Kearney, North Platte and York).

2016 Waiver Release Form



Emergency Information:

Name of Parent or Guardian

Phone #

The named participant and the participant's parent/guardian have requested registration of the participant in the Central Nebraska Youth Track & Field Meet. In consideration of such registration, the right of the participant to compete in the Central Nebraska Youth Track & Field Meet and the use by the participant of the sponsoring agency's facilities and equipment, both participant and the parent /guardian each acknowledge that the participant will be competing in the Central Nebraska Youth Track & Field Meet and sponsoring agency's facilities at the participant's sole risk and the participant on his or her own behalf and on behalf of his or her heirs executors, administrators and assigns hereby release, discharge and agree to hold harmless the City of Kearney, City of Grand Island, City of Hastings, City of York, City of North Platte, and Hastings Public Schools. We also agree to allow the Recreation Departments to use and reproduce the participant's name and/or likeness and/or information concerning the participant and to circulate the same for any and all purposes in any manner. We certify that the information on this participation form is correct.

Signature of Parent or Guardian

IMPORTANT

****In order for the participant to be officially registered, the entry form must be completely entirely, the waiver must be signed by a parent or guardian, by Saturday, April 30th.**