

# EAST HUSKER CONFERENCE 2025 Track & Field Meet

Hosted by Stanton  
Stanton Fairgrounds/Track & Field  
Saturday, May 3rd  
9:00 AM



2025 EAST HUSKER CONFERENCE TRACK MEET

**MEET DIRECTOR:** David Stoddard, Activities Director

**LOCATION:** The track is located in the southeast corner of Stanton. Please park all buses on the west side of the main entrance gates.

**STARTER:** Paul Herz

**JURY OF APPEALS:** Jason Polk-AD WP, Jim Clarkson - CL, & Dave Ernesti - Stanton

**FINISH LYNX JUDGE:** Cody Wintz

**ADMISSION: ADULTS & STUDENTS:** \$5 NO PASSES accepted, including East Husker passes. Only EHC administration badges accepted.

**ENTRIES:** Entries will be due: **May 2<sup>nd</sup> @ 12:00 noon.**

Here is the link for Entry Instructions/Athletic.Net:

<https://www.athletic.net/Help/Track.aspx?Meet=601118>

**SCRATCH/ADD:** Upon arrival, the final scratch and add sheet is due from coaches by **8:15 a.m.** ***SCRATCH & ADD FORM IS ATTACHED. Field event changes can be made on the boards before the event begins.*** New heats will be drawn if needed. **Any scratches after the 8:15 deadline will eliminate the athlete from further competition,** with the exception of relays.

**TEAM CAMPS:** Please set up camps on the southside of the bleachers outside the fence. Please, no campsites north of the bleachers. **EVERYONE MUST STAY OFF THE FOOTBALL FIELD EXCEPT FOR THOSE CURRENTLY PARTICIPATING IN A RUNNING EVENT. ALL COOLERS** must be kept in the camp site area and not in the bleachers.

**Please keep off of the infield when not participating.**

**FINISH LINE:** Please keep the finish line area clear of all coaches and athletes as to not interfere with the F.A.T. system.

**HOSPITALITY:** A hospitality room for coaches, bus drivers and administrators will be available at the concession stand building

**SCORING:** 10-8-6-5-4-3-2-1 for all events.

**UNIFORMS:** Athletes must be in compliance with the uniform rule, Rule 4; Section 3.

**MARKINGS:** Please only use chalk for marks on the runways and aprons.

**SPIKES:** 1/8" spikes or rubber-soled shoes will be required for all events.

**THROWS/JUMPS:** Each athlete will get three (3) preliminary throws/jumps with top nine (9) advancing to the finals. Finalists will get three (3) additional attempts.

**HJ/PV:** Opening height will be determined the day of the meet.

**IMPLEMENTS:** *All implements must be weighed by the fieldhouse concession building before the meet.*

**COACHES MTG:** A coaches' meeting will be held by the concession area no later than **8:15 AM**. All scratch/adds are due at this time.

**TRACK QUALIFIERS:** The first runner in each heat plus the next fastest times will qualify for the finals. If a runoff is needed in the 100/110 hurdles or 100 it will be contested between heats of the 3200. Runoffs in the 200 will take place 20 minutes after the last heat of the 200 prelims.

**BUS PARKING:** Buses should park behind the visitor bleachers on the east side of the stadium

**10:30 FIELD EVENTS:** The 10:30 field events will not start before their scheduled time.

**FIELD EVENTS** Some schools have been assigned to run a field event. Please bring your own tape measure. We will have stabbers and flags for you at the event.

**FIELD EVENT SITES AND SCHOOLS RUNNING EVENT:**

**9:00 AM**

Boys Shot Put - (PENDER /asst STANTON)

Girls Discus - (WIS-PIL /asst SCRIB-SNY )

Boys Long Jump – (H/LHF)

Girls High Jump – (WAKEFIELD)

Girls Triple Jump - (MADISON)

Boys Pole Vault - (WP-B)

**10:30 AM**

Girls Shot - (BAN-ROS / asst STANTON)

Boys Discus - (CLAR-LEI /asst LDNE)

Boys Triple Jump - (TEKAMAH-HERMAN)

Boys High Jump – (HOWELLS-DODGE)

Girls Long Jump- (NBC)

Girls Pole Vault – (O-C)

**EXCHANGE ZONE JUDGES:**

EXCHANGE ZONE ONE – STANTON / LDNE

EXCHANGE ZONE TWO – SCRIBNER-SNYDER / NBC

EXCHANGE ZONE THREE – BANCROFT-ROSALIE / WISNER-PILGER

## **EHC Track & Field**

### **SCHEDULE OF FIELD EVENTS**

#### **SATURDAY @ 9:00 AM**

BOYS SHOT PUT, BOYS LONG JUMP, BOYS POLE VAULT  
GIRLS DISCUS, GIRLS HIGH JUMP, GIRLS TRIPLE JUMP

#### **SATURDAY @ 10:30 AM**

GIRLS SHOT PUT, GIRLS LONG JUMP, GIRLS POLE VAULT  
BOYS DISCUS, BOYS HIGH JUMP, BOYS TRIPLE JUMP

### **SCHEDULE OF RUNNING EVENTS**

#### **(12:00 PM PRELIMS)**

3200 M RELAY (FINAL)

100/110 M HIGH HURDLES

100 M DASH

400 M DASH (FINAL)

3200 M RUN (FINAL)

200 M DASH

#### **(INTERMISSION/BREAK)**

**(Approx. 3:00 PM FINALS – 20 MINUTES AFTER LAST PRELIM)**

100/110 M HIGH HURDLES

100 M DASH

800 M RUN

300 LOW/INTERMEDIATE HURDLES

200 M DASH

1600 M RUN

400 M RELAY

1600 M RELAY

EHC SCRATCH AND ADD SHEET SCHOOL \_\_\_\_\_

(CIRCLE ONE) BOYS GIRLS

**BRING WITH YOU ON THE DAY OF THE MEET AND TURN INTO TRACK SHED BY 8:15 AM**

	SCRATCH	ADD	TIME
100	_____ _____	_____ _____	_____ _____
200	_____ _____	_____ _____	_____ _____
400	_____ _____	_____ _____	_____ _____
800	_____ _____	_____ _____	_____ _____
1600	_____ _____	_____ _____	_____ _____
3200	_____ _____	_____ _____	_____ _____
100/110H	_____ _____	_____ _____	_____ _____
300H	_____ _____	_____ _____	_____ _____

400 RELAY \_\_\_\_\_ 400 RELAY \_\_\_\_\_

1600 RELAY \_\_\_\_\_ 1600 RELAY \_\_\_\_\_

3200 RELAY \_\_\_\_\_ 3200 RELAY \_\_\_\_\_

**CONFERENCE RELAY SHEET**

PLEASE TURN IN AT THE COACH'S MEETING ½ HOUR BEFORE THE START OF THE MEET, **IF THERE ARE ANY CHANGES FROM YOUR ENTRIES YOU SUBMITTED ON ATHLETIC.** ANY FURTHER CHANGES MUST BE MADE PRIOR TO THE START OF THE RELAY IN THE PRESS BOX.

SCHOOL \_\_\_\_\_

(CIRCLE ONE) GIRLS BOYS

**400 RELAY**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**1600 RELAY**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**3200 RELAY**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## **NFHS AND NSAA SPORTSMANSHIP MESSAGE**

The National Federation of State High School Associations and the Nebraska School Activities Association requires that Track and Field Meet Officials enforce the sportsmanship rules for both coaches and contestants. Acts meant to demean opposing athletes, teams, spectators, and meet officials are not in the highest ideals of interscholastic education and will not be tolerated. Please let this contest reflect mutual respect.

### **Head Track and Field Coach,**

Please sign below to certify to the Referee/Starter and to the Meet Director that all of your competitors are in compliance with NFHS rule 3-6-4. You verify that all of your competitors are properly equipped (uniform, equipment) and in compliance with these rules. Also, that you and your athletes will abide by all of the NFHS and NSAA rules.

Coaches Signature: \_\_\_\_\_ Date: \_\_\_\_\_

School: \_\_\_\_\_

**PLEASE TURN THIS FORM INTO THE TRACK SHED ½ HOUR PRIOR TO THE START OF THE MEET.**