**ACHS Track Invitational 2025**

**Tuesday, April 29, 2025**

**TO:** Athletic Directors, Track Coaches

**FROM:** Eric Kessler, Athletic Director

**SCHOOLS:** Stanton, Clarkson-Leigh, ACHS, Humphrey/Lindsay, Madison, Neligh-Oakdale, Riverside, Twin River

**ENTRY FEE:** $170

**ENTRY DEADLINE:**  Entries will be done online at https://lets.gobound.com/ (Bound Entries) and are due by 10:00am on April 26th. If you have any questions about entries email Randi Jensen at [rjensen@esu10.org](mailto:rjensen@esu10.org)

**FAT SYSTEM:** Burwell High School will be timing the meet.

**ENTRY NUMBERS:** You may enter 3 athletes per event per team. Remember only four events for any one athlete.

**SCHEDULE:**

**10:30 a.m.-Coaches meeting in shed east of track**

**11:00 a.m.-Field events begin(All schools have been assigned field events to work)**

**1:00 p.m.-Running events begin**

**SCORING/AWARDS:** We will be score 6 places for individual/relay events 10-8-6-4-2-1. Medals for 1-6 will be awarded for individual events and relay events. Team championship and runner-up trophies will be awarded to girls’ team and a boys’ team

**PROCEDURES:** Field events: Shot, discus, long jump, and triple jump-four throws or jumps. **No finals.**

There are **NO** preliminary races. **All races are finals against time.**

**ADMISSION:** ADULTS $5.00 AND STUDENTS $4.00

**ACHS Invitational Track Meet**

**Tuesday, April 29, 2025**

**ORDER OF EVENTS**

**FIELD EVENT RESPONSIBILITIES AND STARTING TIMES**

11:00 Girls Shot Stanton

11:00 Girls Triple Jump ACHS

11:00 Girls Pole Vault Riverside

11:00 Boys High Jump Twin River

11:00 Boys Long Jump Humphrey-Lindsay

11:00 Boys Discus Clarkson/Leigh

These events will follow the above

Boys Shot Neligh/Oakdale

Boys Triple Jump Riverside

Boys Pole Vault ACHS

Girls High Jump Clarkson/Leigh

Girls Long Jump Humphrey-Lindsay

Girls Discus Madison

**EXCHANGE ZONES**

**1ST-Clarkson/Leigh**

**2nd-Madison**

**3rd-Stanton**

**RUNNING EVENTS**

**1:00** 3200M RELAY

100M HIGH HURDLES

110M HIGH HURDLES

100M DASH

1600M RUN

400M RELAY

400M DASH FINALS

300M LOW HURDLES

300M INTERMEDIATE HURDLES

800M RUN

200M DASH FINALS

3200M RUN

1600M RELAY