



# 2021 EMC TRACK CHAMPIONSHIPS

Bennington – Blair – Elkhorn – Elkhorn North  
Norris – Waverly

Location: Norris High School

Date: Tuesday, May 4th, 2021 - Make-up date Thursday, May 6th, 2021.

Time: Field Events 1:30 p.m. - Scratch/Add at event site  
Track Events 2:50 p.m. - Last Minute Scratch/Add, if needed, at Timing Tent

Guidelines: NSAA Manual for District Track Meets will be followed for all events.

Referee/Starter: Steve Borer, Tom Hood & Sara Sinani.

Jury of Appeals: The Meet director and/or referee and head coaches of two schools not involved in the dispute.

Entries: Due **Tuesday, May 4th @ 9:00 a.m.** Entries will be accepted electronically. There should be limited scratch/add since the entry deadline is the morning of the meet. Please go to the following address and you will be prompted thru the entry process: [EMC Track Entries](#).

Admission: \$6 for Adults; \$4 for Students. EMC Passes Accepted.

Live Results: [2021 EMC Track Championships Live Results](#).

Entry Limits: Field and Running events will be 3 athletes per school for each gender.  
Relays – 1 team per gender.

Track: Polyurethane surface.

Runways: Polyurethane surface.

Shot/Discus Pads: Concrete.

Spikes: 1/8" spikes are the allowable maximum on all running surfaces and jump areas.

Hip Numbers: Hip Numbers (2) must be affixed to both the hip and torso.

Shot/Discus: Implements will be weighed before the competition begins. All implements will be pooled and must remain at the event site until completion. This includes during both the prelims and finals.

All throws (practice or competition) must be taken within the roped off throwing sectors. No throws may be taken after the competition has concluded.

Long Jump/  
Triple Jump:

Off runway markers only--no chalk or tape.

High Jump/



Pole Vault: \_\_\_\_\_ Starting heights will be determined by entries.

Qualifying: (Fully Automatic Timing).

When running **two** heats, the first and second place runners and the 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.

Scoring: 10-8-6-4-2-1.

Times: Event Times are approximate. We will stay close to the published schedule unless weather dictates otherwise.

Medals: Medals will be awarded for the top 6 places in all individual and relay events. The Gerald Otte medallion will be presented to the girl and boy winner of the mile race. This will be presented to the winners in between the girls and boys 4x100 races.

Awards: A championship and runner-up insert plate will be awarded to the Boys and Girls teams (Plaques will be on hand for team pictures). A ceremony for team places will take place on the track in front of the grandstands following the meet. Medals for individual events and relays will be available in the press box shortly after the meet.

Results: Will be emailed to the Coaches and the Activities Director following the meet.

Norris High School: Norris School District is in session. Students and athletes are not to be in the school buildings.

Restrooms: Located next to the concession stand. Locker rooms are not available.

Team Areas: Please refrain from using the Infield area for your team area. There is ample space on the north and south ends outside the complex and just outside the LJ/TJ/PV event area.

Hospitality: Meal Vouchers are available for coaches and event staff that can be redeemed at the concession stand.

Concessions: There will be a concession stand open during the entire duration of the meet.

Parking: Busses should park on the rocked lot located at the north end of the football field. We would appreciate it if you would pick up any trash around your bus following the conclusion of the meet.

Meet Director:

Mitchell Stine

Email - [mitchell.stine@nsdtitans.org](mailto:mitchell.stine@nsdtitans.org)

Phone (C) - (402) 212-9672

Phone (W) - (402) 791-0012



## COVID-19 GUIDELINES

### Spectators:

- All spectators must self-screen for [COVID-19 symptoms](#) prior to attending any event. If you answer yes to any of the screening questions, please stay home.
- Attendance will be limited to 75% of specific venue capacities.
- Family pods will be asked to sit together and socially distance themselves from other families. Local and State guidance indicates this distance should be at least 6 feet.
- Bleacher seating will be limited for some outdoor venues. Spectators are encouraged to bring their own chairs and should spread out at least 6 feet apart and must be at least 10 feet away from team benches and the playing field.
- At this time, we do not believe a specific participant attendee limit is necessary to comply with the 75% of venue capacity. Should this change, we will communicate this information with all stakeholders.

### Masks:

- Masks will continue to be required for all coaches, event staff, non-participants, and spectators.
  - Removal of face coverings for the consumption of concession stand items is understandable and, while allowed, should be done as quickly as practicable. It is also recommended to distance yourself from those around you.



## 2021 EMC Track & Field Championships Schedule of Events

### Field Events:

1:30	Boys Shot Put Girls Discus <b>Unified Long Jump</b> Boys Long Jump Girls Triple Jump Boys High Jump Girls Pole Vault	Girls Shot Put to Follow Boys Discus to Follow <b>Precedes Long Jump Competition</b> Girls Long Jump to Follow Boys Triple Jump to Follow Girls High Jump to Follow Boys Pole Vault to Follow
------	--	---

### Prelims:

<b>2:50</b> 3:00 3:15 3:30 3:40 <b>3:50</b> 4:00 4:10 4:20 4:30 4:40 4:55 5:10 5:20	<b>Unified 400 Meter Relay</b> Girls 3200 Meter Relay Boys 3200 Meter Relay Girls 100 Meter Hurdles Boys 110 Meter Hurdles <b>Unified 100 Meter Dash</b> Girls 100 Meter Dash Boys 100 Meter Dash Girls 400 Meter Dash Boys 400 Meter Dash Girls 3200 Meter Run Boys 3200 Meter Run Girls 200 Meter Dash Boys 200 Meter Dash	<b>Finals</b> Finals Finals Prelims Prelims <b>Finals</b> Prelims Prelims Finals Finals Finals Finals Prelims Prelims
--	---	--

### Finals:

6:00 6:10 6:15 6:20 6:25 6:35 6:45 6:55 7:05 7:10 7:15 7:25 7:35 7:40 7:45 7:50 7:55 <b>8:05</b>	Girls 100 Meter Hurdles Boys 110 Meter Hurdles Girls 100 Meter Dash Boys 100 Meter Dash Girls 800 Meter Run Boys 800 Meter Run Girls 300 Meter Hurdles Boys 300 Meter Hurdles Girls 200 Meter Dash Boys 200 Meter Dash Girls 1600 Meter Run Boys 1600 Meter Run Girls 400 Meter Relay Boys 400 Meter Relay <b>Gerald Otte 1600 Medallion Presentation</b> Girls 1600 Meter Relay Boys 1600 Meter Relay <b>Awards Presentation</b>
---	--

### Eastern Midlands Conference Boys Track & Field Records

Event	Athlete	School	Mark	Year
-------	---------	--------	------	------



High Jump	Mark Hoy	Waverly	6'8"	1981
Long Jump	Mitch Dosland	Elkhorn	22'3"	1992
Triple Jump	Tom Mueller	Waverly	46'5 3/4"	1996
Discus	Mike Willey	Platteview	186'1"	1988
Shot Put	Nick Bull	Elkhorn	59'10"	2003
Pole Vault	Dalton Ryan	Blair	14'3"	2018
100 Meter Dash	Ashton Hausmann	Norris	10.6	2018
110 Meter High Hurdles	Skyler Luxa	Blair	14.7	2008
200 Meter Dash	Michael Krajicek	Gretna	21.7	2005
300 Meter Hurdles	Mike Maryott	Blair	39.7	1998
400 Meter Dash	Keaton Suey	Elkhorn South	49.33	2014
800 Meter Run	Seth Stewart	Plattsmouth	1:55.0	1997
1600 Meter Run	Tom Banks	Elkhorn	4:21.9	1987
3200 Meter Run	Anthony Alt	Waverly	9:24.8	1993
400 Meter Relay	Luke Burson Michael Krajicek Brady Nolan Nate Ortegren	Gretna	43.1	2004
1600 Meter Relay	Phil Elliott Nathan Groves Trey Sachs Alex Schiefelbein	Elkhorn	3:27.77	2016
3200 Meter Relay	Brayden Adams Jorge Atayde Jacob Basilevac Kody Smallfoot	Elkhorn	8:15.8	2018

#### Eastern Midlands Conference Girls Track & Field Records

Event	Athlete	School	Mark	Year
-------	---------	--------	------	------



High Jump	Janet Kruse	Blair	5'8"	1987
Long Jump	Anne Martin	Waverly	18'6 3/4"	2009
Triple Jump	Anna Weigandt	Gretna	38'8 3/4"	2009
Discus	Emily Duran	Nebraska City	161'2"	2000
Shot Put	Aaliyah Pete	Elkhorn South	49'11"	2013
Pole Vault	Natalie Willer	Elkhorn	10'7"	2007
100 Meter Dash	Lexie Gilbert	Elkhorn	12.0	2018
100 Meter Hurdles	Becky Kastrick	Plattsmouth	15.1	1992
200 Meter Dash	Alyssa Vierregger	Platteview	25.4	2005
300 Meter Hurdles	Kelli Brummer	Blair	45.76	1998
400 Meter Dash	Amanda Young	Gretna	57.46	2016
800 Meter Run	Alice Schmidt	Elkhorn	2:08.6	1999
1600 Meter Run	Mazie Larsen	Gretna	5:17:06	2017
3200 Meter Run	Heather Kuhlman	Nebraska City	11:21.3	2003
400 Meter Relay	Bella Hass Lexie Gilbert Fidelis Neneman Lizzie Schiefelbein	Elkhorn	50.0	2018
1600 Meter Relay	Amanda Cook Ashley Cook Mckenna Hoy Bailey Schuelke	Waverly	4:05.32	2013
3200 Meter Relay	Taylor Caba Jacinda Davis Autumn Graham Shannon McKinley	Plattsmouth	9:40.49	2017