

Track & Field – Youth



Register online at CornhuskerStateGames.com

IT'S NOT TOO LATE! ONLINE REGISTRATION FOR TRACK & FIELD WILL CLOSE AT 11:59 P.M. ON JULY 16.

GENERAL INFORMATION



DATE: Saturday, July 22, 2017

SITE: Lincoln High (2229 J. Street, Lincoln)

NOTE: The Lincoln High School Track is open for running Monday through Friday 7:30 -9:30 a.m.

ITS BACK: All pole vault events will take place in the Lincoln Railyard on Canopy St. All vaulters in the Canopy Street Vault will vie for CSG medals. Masters and Youth will compete in morning and High School/ College vaulters will compete in evening.

RULES: This meet is sanctioned by USA Track & Field. USATF rules will apply. Maximum 1/8" spikes allowed.

AGE DIVISIONS:

Age determined as of December 31, 2017 for all divisions except 17-18 Years.

Age determined as of July 22, 2017 for athletes registered in the 17-18 Years division per USATF rules.

Any athlete with a birthday on or before July 22, 1998 must enter the Masters divisions.

AWARDS: Custom Cornhusker State Games gold, silver and bronze medals will be awarded to the top three finishers in each event. All participants in the 3-4 Years and 5-6 Years divisions will receive a commemorative Cornhusker State Games medal in the 50 Meter Dash.

VOLUNTEERS: Volunteers are needed for the Cornhusker State Games Track & Field event. Those interested should contact volunteer coordinator Kevin James at kjames@lps.org. All volunteers will receive a volunteer packet that includes a Cornhusker State Games volunteer shirt, a Super Pass (which gains free admission to the Opening Ceremonies, SportFest, and all Cornhusker State Games venues), and a free lunch on Saturday at the event.

UPDATES FOR 2017:

The Cornhusker State Games Track & Field Meet will continue to be a one-day format. Past CSG meets ran from 7:30 a.m. to 8:30 p.m. The meet is usually hot, and recruiting volunteers for three sessions is very difficult. So, to enjoy the meet more and make it more entertaining for participants and spectators, event directors have eliminated the Race Walk, Intermediate Hurdles, 4x400 Meter Relay, and 100 Meter Dash preliminaries. Those interested in walking in the 2016 Games are encouraged to register for any of three walking events - CSG Walk (Outdoor Lincoln, July 29); Mallwalk (Indoor Lincoln, July 23); WalkOmaha (Outdoor Omaha, July 30) - at CornhuskerStateGames.com.

The updated time format for 2017 has two sessions: Session 1 from approximately 7:30 a.m. to Noon, and Session 2 from approximately Noon to 5:15 p.m. Event times and details below.

EVENTS

The schedule of events below is an approximate time based upon participation numbers. A FINAL schedule and heat sheet will be posted at CornhuskerStateGames.com and emailed to participants the week of competition.

NOTE: The meet can run up to 15 minutes ahead of schedule, so please to be there at least an **HOUR** before your race.

Division	Event Name	Time	Session	Event Code	Additional Info
Boys 3-4	Long Jump	11:15 a.m.	2	15	
Boys 3-4	50 Meter Dash	1:45 p.m.	2	1	
Boys 3-4	Javelin	3 p.m.	2	19	turbo

Division	Event Name	Time	Session	Event Code	Additional Info
Boys 5-6	Long Jump	1 p.m.	2	15	
Boys 5-6	50 Meter Dash	1:45 p.m.	2	1	
Boys 5-6	Javelin	4 p.m.	2	19	turbo

Division	Event Name	Time	Session	Event Code	Additional Info
Boys 7-8	1500 Meter Run	9:30 a.m.	1	6	
Boys 7-8	100 Meter Dash	10:30 a.m.	1	2	
Boys 7-8	Long Jump	10:30 a.m.	1	15	
Boys 7-8	Shot Put	11:45 a.m.	1	18	2 k
Boys 7-8	400 Meter Dash	12:30 p.m.	2	4	
Boys 7-8	High Jump	1:30 p.m.	2	20	
Boys 7-8	Javelin	2:15 p.m.	2	19	turbo
Boys 7-8	800 Meter Run	2:30 p.m.	2	5	
Boys 7-8	200 Meter Run	3:20 p.m.	2	3	
Boys 7-8	4x100 Relay	4:15 p.m.	2	13	

Division	Event Name	Time	Session	Event Code	Additional Info
Boys 9-10	1500 Meter Run	9:30 a.m.	1	6	
Boys 9-10	100 Meter Dash	10:30 a.m.	1	2	
Boys 9-10	Long Jump	10:15 a.m.	1	15	
Boys 9-10	Shot Put	12:30 p.m.	2	18	6 lb
Boys 9-10	400 Meter Dash	12:30 p.m.	2	4	
Boys 9-10	High Jump	1:30 p.m.	2	20	
Boys 9-10	Javelin	2:15 p.m.	2	19	turbo
Boys 9-10	800 Meter Run	2:30 p.m.	2	5	
Boys 9-10	200 Meter Run	3:20 p.m.	2	3	
Boys 9-10	4x100 Relay	4:15 p.m.	2	13	

Division	Event Name	Time	Session	Event Code	Additional Info
Boys 11-12	Discus	7:30 a.m.	1	17	1 k
Boys 11-12	3000 Meter Run	7:30 a.m.	1	7	
Boys 11-12	80 Meter Hurdles	8:30 a.m.	1	8	30"
Boys 11-12	1500 Meter Run	9:30 a.m.	1	6	
Boys 11-12	Shot Put	10:15 a.m.	1	18	6 lb
Boys 11-12	100 Meter Dash	10:30 a.m.	1	2	
Boys 11-12	Javelin	12:45 p.m.	2	19	turbo
Boys 11-12	Long Jump	1 p.m.	2	15	
Boys 11-12	400 Meter Dash	12:30 p.m.	2	4	
Boys 11-12	High Jump	1:30 p.m.	2	20	
Boys 11-12	800 Meter Run	2:30 p.m.	2	5	
Boys 11-12	200 Meter Run	3:20 p.m.	2	3	
Boys 11-12	4x100 Relay	4:15 p.m.	2	13	

Division	Event Name	Time	Session	Event Code	Additional Info
Boys 13-14	Discus	7:30 a.m.	1	17	1 k

Boys 13-14	3000 Meter Run	7:30 a.m.	1	7	
Boys 13-14	100 Meter Hurdles	9 a.m.	1	8	33"
Boys 13-14	Shot Put	9:30 a.m.	1	18	4 k
Boys 13-14	1500 Meter Run	9:30 a.m.	1	6	
Boys 13-14	Triple Jump	10 a.m.	1	16	
Boys 13-14	Javelin	10:15 a.m.	1	19	600 gram
Boys 13-14	100 Meter Dash	10:30 a.m.	1	2	
Boys 13-14	Pole Vault	7:30 a.m.	1	21	
Boys 13-14	Long Jump	1 p.m.	2	15	
Boys 13-14	400 Meter Dash	1 p.m.	2	4	
Boys 13-14	High Jump	3 p.m.	2	20	
Boys 13-14	800 Meter Run	2:30 p.m.	2	5	
Boys 13-14	200 Meter Run	3:45 p.m.	2	3	
Boys 13-14	4x100 Relay	4:15 p.m.	2	13	

Division	Event Name	Time	Session	Event Code	Additional Info
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Boys 15-16	Shot Put	7:30 a.m.	1	18	12 lb
Boys 15-16	3000 Meter Run	7:30 a.m.	1	7	
Boys 15-16	Javelin	8:30 a.m.	1	19	600 gram
Boys 15-16	110 Meter Hurdles	9 a.m.	1	8	39"
Boys 15-16	1500 Meter Run	9:30 a.m.	1	6	
Boys 15-16	Triple Jump	10 a.m.	1	16	
Boys 15-16	100 Meter Dash	10:30 a.m.	1	2	
Boys 15-16	Discus	11 a.m.	1	17	1.6 k
Boys 15-16	Pole Vault	9 a.m.	1	21	
Boys 15-16	400 Meter Dash	1 p.m.	2	4	
Boys 15-16	Long Jump	2:45 p.m.	2	15	
Boys 15-16	High Jump	3 p.m.	2	20	
Boys 15-16	800 Meter Run	2:30 p.m.	2	5	
Boys 15-16	200 Meter Run	3:45 p.m.	2	3	
Boys 15-16	4x100 Relay	4:15 p.m.	2	13	

Division	Event Name	Time	Session	Event Code	Additional Info
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Boys 17-18	Shot Put	7:30 a.m.	1	18	12 lb
Boys 17-18	3000 Meter Run	7:30 a.m.	1	7	
Boys 17-18	Javelin	8:30 a.m.	1	19	600 gram
Boys 17-18	110 Meter Hurdles	9 a.m.	1	8	39"
Boys 17-18	1500 Meter Run	9:30 a.m.	1	6	
Boys 17-18	Triple Jump	10 a.m.	1	16	
Boys 17-18	100 Meter Dash	10:30 a.m.	1	2	
Boys 17-18	Discus	11 a.m.	1	17	1.6 k
Boys 17-18	Pole Vault	9 a.m.	1	21	
Boys 17-18	400 Meter Dash	1 p.m.	2	4	
Boys 17-18	Long Jump	2:45 p.m.	2	15	
Boys 17-18	High Jump	3 p.m.	2	20	
Boys 17-18	800 Meter Run	2:30 p.m.	2	5	
Boys 17-18	200 Meter Run	3:45 p.m.	2	3	
Boys 17-18	4x100 Relay	4:15 p.m.	2	13	

Division	Event Name	Time	Session	Event Code	Additional Info
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Girls 3-4	Long Jump	11:15 a.m.	2	15	
Girls 3-4	50 Meter Dash	1:45 p.m.	2	1	
Girls 3-4	Javelin	3 p.m.	2	19	turbo

Division	Event Name	Time	Session	Event Code	Additional Info
Girls 5-6	Long Jump	12 p.m.	2	15	
Girls 5-6	50 Meter Dash	1:45 p.m.	2	1	
Girls 5-6	Javelin	4 p.m.	2	19	turbo

Division	Event Name	Time	Session	Event Code	Additional Info
Girls 7-8	1500 Meter Run	9:30 a.m.	1	6	
Girls 7-8	100 Meter Dash	10:30 a.m.	1	2	
Girls 7-8	High Jump	11 a.m.	1	20	
Girls 7-8	Shot Put	11:45 a.m.	1	18	2 k
Girls 7-8	400 Meter Dash	12:30 p.m.	2	4	
Girls 7-8	Javelin	1:30 p.m.	2	19	turbo
Girls 7-8	Long Jump	2:30 p.m.	2	15	
Girls 7-8	800 Meter Run	2:30 p.m.	2	5	
Girls 7-8	200 Meter Run	3:20 p.m.	2	3	
Girls 7-8	4x100 Relay	4:15 p.m.	2	13	

Division	Event Name	Time	Session	Event Code	Additional Info
Girls 9-10	1500 Meter Run	9:30 a.m.	1	6	
Girls 9-10	100 Meter Dash	10:30 a.m.	1	2	
Girls 9-10	High Jump	11 a.m.	1	20	
Girls 9-10	Long Jump	12 p.m.	2	15	
Girls 9-10	Shot Put	12:30 p.m.	2	18	6 lb
Girls 9-10	400 Meter Dash	12:30 p.m.	2	4	
Girls 9-10	Javelin	1:30 p.m.	2	19	turbo
Girls 9-10	800 Meter Run	2:30 p.m.	2	5	
Girls 9-10	200 Meter Run	3:20 p.m.	2	3	
Girls 9-10	4x100 Relay	4:15 p.m.	2	13	

Division	Event Name	Time	Session	Event Code	Additional Info
Girls 11-12	3000 Meter Run	7:30 a.m.	1	7	
Girls 11-12	Discus	8:30 a.m.	1	17	1 k
Girls 11-12	80 Meter Hurdles	8:30 a.m.	1	8	30"
Girls 11-12	1500 Meter Run	9:30 a.m.	1	6	
Girls 11-12	Shot Put	10:15 a.m.	1	18	6 lb
Girls 11-12	100 Meter Dash	10:30 a.m.	1	2	
Girls 11-12	High Jump	11 a.m.	1	20	
Girls 11-12	Long Jump	Noon	2	15	
Girls 11-12	Javelin	12:45 p.m.	2	19	turbo
Girls 11-12	400 Meter Dash	12:30 p.m.	2	4	
Girls 11-12	800 Meter Run	2:30 p.m.	2	5	
Girls 11-12	200 Meter Run	3:20 p.m.	2	3	
Girls 11-12	4x100 Relay	4:15 p.m.	2	13	

Division	Event Name	Time	Session	Event Code	Additional Info
Girls 13-14	3000 Meter Run	7:30 a.m.	1	7	
Girls 13-14	Pole Vault	7:30 a.m.	1	21	
Girls 13-14	Discus	8:30 a.m.	1	17	1 k
Girls 13-14	100 Meter Hurdles	8:30 a.m.	1	8	30"
Girls 13-14	Triple Jump	9 a.m.	1	16	
Girls 13-14	1500 Meter Run	9:30 a.m.	1	6	
Girls 13-14	Javelin	10:15 a.m.	1	19	600 gram
Girls 13-14	100 Meter Dash	10:30 a.m.	1	2	
Girls 13-14	Shot Put	11 a.m.	1	18	6 lb
Girls 13-14	High Jump	Noon	2	20	

Girls 13-14	400 Meter Dash	1 p.m.	2	4
Girls 13-14	Long Jump	2 p.m.	2	15
Girls 13-14	800 Meter Run	2:30 p.m.	2	5
Girls 13-14	200 Meter Run	3:20 p.m.	2	3
Girls 13-14	4x100 Relay	4:15 p.m.	2	13

Division	Event Name	Time	Session	Event Code	Additional Info
Girls 15-16	Javelin	7:30 a.m.	1	19	800 gram
Girls 15-16	3000 Meter Run	7:30 a.m.	1	7	
Girls 15-16	Pole Vault	9 a.m.	1	21	
Girls 15-16	Shot Put	8:30 a.m.	1	18	4 k
Girls 15-16	Triple Jump	9 a.m.	1	16	
Girls 15-16	100 Meter Hurdles	9 a.m.	1	8	33"
Girls 15-16	1500 Meter Run	9:30 a.m.	1	6	
Girls 15-16	Discus	9:45 a.m.	1	17	1 k
Girls 15-16	100 Meter Dash	10:30 a.m.	1	2	
Girls 15-16	High Jump	Noon	2	20	
Girls 15-16	400 Meter Dash	1 p.m.	2	4	
Girls 15-16	800 Meter Run	2:30 p.m.	2	5	
Girls 15-16	Long Jump	3:45 p.m.	2	15	
Girls 15-16	200 Meter Run	3:45 p.m.	2	3	
Girls 15-16	4x100 Relay	4:15 p.m.	2	13	

Division	Event Name	Time	Session	Event Code	Additional Info
Girls 17-18	Javelin	7:30 a.m.	1	19	800 gram
Girls 17-18	3000 Meter Run	7:30 a.m.	1	7	
Girls 17-18	Pole Vault	9 a.m.	1	21	
Girls 17-18	Shot Put	8:30 a.m.	1	18	4 k
Girls 17-18	Triple Jump	9 a.m.	1	16	
Girls 17-18	100 Meter Hurdles	9 a.m.	1	8	33"
Girls 17-18	1500 Meter Run	9:30 a.m.	1	6	
Girls 17-18	Discus	9:45 a.m.	1	17	1 k
Girls 17-18	100 Meter Dash	10:30 a.m.	1	2	
Girls 17-18	High Jump	Noon	2	20	
Girls 17-18	400 Meter Dash	1 p.m.	2	4	
Girls 17-18	800 Meter Run	2:30 p.m.	2	5	
Girls 17-18	Long Jump	3:45 p.m.	2	15	
Girls 17-18	200 Meter Run	3:45 p.m.	2	3	
Girls 17-18	4x100 Relay	4:15 p.m.	2	13	

MAX EVENTS: A maximum of three (3) events per participant in the following age groups: 3-4 Years, 5-6 Years, 7-8 Years, 9-10 Years and 11-12 Years. A maximum of four (4) events per participant in the following age groups: 13-14 Years, 15-16 Years and 17-18 Years. Participants who register for more than the maximum allowed will be subject to disqualification in the event(s) that takes them over the maximum.

100 METER DASH: The 100 Meter Dash will be a final only for all youth and master divisions. Fully automatic timing will be used, so there is no need for a preliminary. However, meet directors would like to get the best runners in the fastest section. Please enter a legitimate 100 Meter seed time during registration.

FIELD EVENTS:

Track events take priority over field events. Athletes who need to check in for a track event must let the field event judge know. Athletes have until last call to check into the running events, and should make arrangements to jump or throw early or late. COMMUNICATION IS THE BEST.

Participants can provide their own shot, discus and javelins, but the Cornhusker State Games will have them available on-site for those who do not bring their own.

You may use your implement if approved by weights and measures. Once approved, your implement must be part of a pool of implements that may be used by all athletes.

Three throws and three jumps. No finals.

Pole Vaulters will be responsible for their own poles.

RELAYS: Participants must pre-register for all relay events. On-site registration will not be available. All relay members must meet gender and age requirements. The relay counts as one event.

Relay Online Registration Note: If registering for a relay event online, runners must register as an individual, not a team. The participant will be asked to list the names of the other runners on the relay team. This DOES NOT register the other runners for the event, it simply lets the sport director know who is on each relay team. Each relay member must register themselves for the event, or the participant has the option to register their relay partners by selecting "Register Another Participant" on step one of the online registration process.

CHECK IN PROCESS

Athletes must pickup packets or have them mailed. No packet pickup at the meet. Our meet does not have BIB numbers. But we do have hip numbers. Please allow 15 minutes to first pickup your hip number (running events only) 30 minutes for warmup and the event running up to 15 minutes early. So, please arrive an hour before your scheduled running event. Field events will go directly to the competition site with no numbers.

ATHLETE PACKETS & TEAM BOXES

PACKET SHIPPING AVAILABLE FOR YOUR CONVENIENCE: Save time, avoid hassles and receive your CSG gear more than a week before the Opening Ceremonies by shipping your athlete packet (\$7) or team box (\$14). For more packet pickup information go to http://www.cornhuskerstategames.com/athlete_packets.

JOIN US AT SPORTFEST AND OPENING CEREMONIES ON JULY 21!

Make plans to join us on Friday, July 21 at Lincoln East High and Seacrest Field for SportFest and the Opening Ceremonies!

SportFest | 4:30 – 7 p.m. | Lincoln East High School

SportFest is the pre-Opening Ceremonies party for Athletes and their families and includes a free meal for anyone with a Super Pass. Meal is provided by Arby's, Pepsi, Frito-Lay and Hiland Dairy.

Opening Ceremonies | 8 p.m. | Seacrest Field

Program includes: Parade of Athletes, Skydivers (Lincoln Sport Parachute Club), Introductions, Presentation of Colors (Nebraska National Guard), National Anthem, Oath of Athletes, Mascot Showcase/Shirt Cannons, Featured Entertainment, Torch Lighting Ceremony (Mystery Torchlighter), Fireworks, Photos/Autographs and more.

REGISTRATION FEES & DEADLINES

IF REGISTERED BY THE DISCOUNT DEADLINE OF WEDNESDAY, JUNE 21:

First event - \$26

Additional events - \$5

IF REGISTERED BETWEEN JUNE 22 AND JULY 5:

First event - \$31

Additional events - \$5

FINAL REGISTRATION DEADLINE –JULY 16:

The final registration deadline for this sport is July 16. This sport will accept late registrations with an additional \$5 late fee.

MULTI-EVENT DISCOUNT NOTE: If registering for multiple events, all entries must occur in the same transaction to receive the multi-event discount.

ENTRY FEE INCLUDES: Competition in the 2017 Cornhusker State Games; White cotton athlete shirt (micro-fiber upgrade available); Pass for free admission to SportFest, the Opening Ceremonies, and all competition venues; 2017 Nebraska Sports Council Yearbook (available at packet pickup); Sponsor gifts and coupons.

PAPER ENTRY FORMS: Paper entry forms will be accepted with a \$5 processing fee. Registering online at CornhuskerStateGames.com saves time, money and trees.

FURTHER INFORMATION

Sport Specific Questions: Contact Track & Field Director Steve Morrison at 402-423-5133 or SMM547277@aol.com.

Online Registration/Website Questions: Contact the Cornhusker State Games office at 402-471-2544 or info@nebraskasportscouncil.com.