

# Track & Field - Masters

**DATE :** Saturday, June 5

**SITE:** Concordia University, 800 N. Columbia Ave., Seward

<b>Time</b>	<b>Event Name</b>	<b>Time</b>	<b>Event Name</b>
	<u>Open Women</u>		<u>Open Men</u>
12:52 PM	100 Meter Dash	12:55 PM	100 Meter Dash
4:20 PM	100 Meter Dash Finals	4:44 PM	100 Meter Dash Finals
3:00 PM	200 Meter Dash	3:15 PM	200 Meter Dash
5:57 PM	400 Meter Dash	6:01 PM	400 Meter Dash
1:30 PM	800 Meter Run	1:50 PM	800 Meter Run
7:55 PM	1500 Meter Run	8:32 PM	1500 Meter Run
9:00 AM	3000 Meter Run	9:30 AM	3000 Meter Run
5:00 PM	Discus Throw 1kg.	7:00 PM	Discus Throw 2 Kg.
6:30 PM	High Jump	6:30 PM	High Jump Open
10:30 AM	(600 g) Javelin	10:30 AM	(800g) Javelin
10:30 AM	Long Jump	9:30 AM	Long Jump
3:00 PM	Pole Vault Pole Vault	3:00 PM	Pole Vault Pole Vault
10:40 AM	100 Meter Hurdles 33"	11:15 AM	110 Meter Hurdles 42"
3:45 PM	Shot Put 4 kg	5:45 PM	Shot Put 16 lbs
8:00 AM	1500 Meter Race Walk	8:00 AM	1500 Meter Race Walk
	<u>Master's Women 30-34 years</u>		<u>Master's Men 30-34 years</u>
12:52 PM	100 Meter Dash	12:55 PM	100 Meter Dash
4:24 PM	100 Meter Dash Finals	4:30 PM	100 Meter Dash Finals
3:00 PM	200 Meter Dash	3:20 PM	200 Meter Dash
5:57 PM	400 Meter Dash	6:13 PM	400 Meter Dash
1:30 PM	800 Meter Run	1:50 PM	800 Meter Run
7:55 PM	1500 Meter Run	8:32 PM	1500 Meter Run
9:00 AM	3000 Meter Run	9:30 AM	3000 Meter Run
4:00 PM	Discus Throw 1 kg.	5:45 PM	Discus Throw 2 kg.
4:00 PM	High Jump	5:00 PM	High Jump
10:30 AM	Long Jump	9:30 AM	Long Jump
10:40 AM	100 Meter Hurdles 33"	11:05 AM	110 Meter Hurdles 39"
2:45 PM	Shot Put 4 kg	4:30 PM	Shot Put 16 lbs.
8:00 AM	1500 Meter Race Walk	8:00 AM	1500 Meter Race Walk
	<u>Master's Women 35-39 years</u>		<u>Master's Men 35-39 years</u>
12:52 PM	100 Meter Dash	12:55 PM	100 Meter Dash
4:24 PM	100 Meter Dash Finals	4:42 PM	100 Meter Dash Finals
3:00 PM	200 Meter Dash	3:23 PM	200 Meter Dash
5:57 PM	400 Meter Dash	6:09 PM	400 Meter Dash
1:30 PM	800 Meter Run	1:50 PM	800 Meter Run
7:55 PM	1500 Meter Run	8:32 PM	1500 Meter Run
9:00 AM	3000 Meter Run	9:30 AM	3000 Meter Run
4:00 PM	Discus Throw 1 kg.	5:45 PM	Discus Throw 2 Kg.
4:00 PM	High Jump	5:00 PM	High Jump
10:30 AM	Long Jump	9:30 AM	Long Jump
10:40 AM	100 Meter Hurdles 33"	11:05 AM	110 Meter Hurdles 39"
2:45 PM	Shot Put 4 kg	4:30 PM	Shot Put 16 lbs
8:00 AM	1500 Meter Race Walk	8:00 AM	1500 Meter Race Walk

Master's Women 40-44 years

12:52 PM 100 Meter Dash  
 4:22 PM 100 Meter Dash Finals  
 3:13 PM 200 Meter Dash  
 5:57 PM 400 Meter Dash  
 1:30 PM 800 Meter Run  
 7:55 PM 1500 Meter Run  
 9:00 AM 3000 Meter Run  
 4:00 PM Discus Throw 1 kg.  
 4:00 PM High Jump  
 10:30 AM Long Jump  
 10:25 AM 100 Meter Hurdles 30"  
 2:45 PM Shot Put 4 kg  
 8:00 AM 1500 Meter Race Walk

Master's Women 45-49 years

12:52 PM 100 Meter Dash  
 4:22 PM 100 Meter Dash Finals  
 3:13 PM 200 Meter Dash  
 5:57 PM 400 Meter Dash  
 1:30 PM 800 Meter Run  
 7:55 PM 1500 Meter Run  
 9:00 AM 3000 Meter Run  
 4:00 PM Discus Throw 1 kg.  
 4:00 PM High Jump  
 9:30 AM Long Jump  
 10:25 AM 100 Meter Hurdles 30"  
 2:45 PM Shot Put 4 kg  
 8:00 AM 1500 Meter Race Walk

Master's Women 50-54 years

12:52 PM 100 Meter Dash  
 4:22 PM 100 Meter Dash Finals  
 3:13 PM 200 Meter Dash  
 5:57 PM 400 Meter Dash  
 1:30 PM 800 Meter Run  
 7:55 PM 1500 Meter Run  
 9:00 AM 3000 Meter Run  
 4:00 PM Discus Throw 1 kg.  
 4:00 PM High Jump  
 9:30 AM Long Jump  
 10:25 AM 80 Meter Hurdles 30"  
 2:45 PM Shot Put 3 kg  
 8:00 AM 1500 Meter Race Walk

Master's Women 55-59 years

12:52 PM 100 Meter Dash  
 4:20 PM 100 Meter Dash Finals  
 3:13 PM 200 Meter Dash  
 5:57 PM 400 Meter Dash  
 1:30 PM 800 Meter Run  
 7:55 PM 1500 Meter Run  
 9:00 AM 3000 Meter Run  
 4:00 PM Discus Throw 1 kg.  
 4:00 PM High Jump  
 9:30 AM Long Jump  
 10:25 AM 80 Meter Hurdles 30"

Master's Men 40-44 years

12:55 PM 100 Meter Dash  
 4:40 PM 100 Meter Dash Finals  
 3:26 PM 200 Meter Dash  
 6:17 PM 400 Meter Dash  
 1:45 PM 800 Meter Run  
 8:25 PM 1500 Meter Run  
 9:30 AM 3000 Meter Run  
 5:45 PM Discus Throw 2 Kg.  
 5:00 PM High Jump  
 9:30 AM Long Jump  
 11:05 AM 110 Meter Hurdles 39"  
 4:30 PM Shot Put 16 lbs  
 8:00 AM 1500 Meter Race Walk

Master's Men 45-49 years

12:55 PM 100 Meter Dash  
 4:38 PM 100 Meter Dash Finals  
 3:28 PM 200 Meter Dash  
 6:13 PM 400 Meter Dash  
 1:45 PM 800 Meter Run  
 8:25 PM 1500 Meter Run  
 9:30 AM 3000 Meter Run  
 5:45 PM Discus Throw 2 Kg.  
 5:00 PM High Jump  
 9:30 AM Long Jump  
 11:05 AM 110 Meter Hurdles 39"  
 4:30 PM Shot Put 16 lbs  
 8:00 AM 1500 Meter Race Walk

Master's Men 50-54 years

12:55 PM 100 Meter Dash  
 4:36 PM 100 Meter Dash Finals  
 3:33 PM 200 Meter Dash  
 6:21 PM 400 Meter Dash  
 1:45 PM 800 Meter Run  
 8:25 PM 1500 Meter Run  
 9:00 AM 3000 Meter Run  
 5:45 PM Discus Throw 1.5 Kg.  
 5:00 PM High Jump  
 9:30 AM Long Jump  
 10:50 AM 100 Meter Hurdles 36"  
 4:30 PM Shot Put 6 kg.  
 8:00 AM 1500 Meter Race Walk

Master's Men 55-59 years

12:55 PM 100 Meter Dash  
 4:34 PM 100 Meter Dash Finals  
 3:30 PM 200 Meter Dash  
 6:29 PM 400 Meter Dash  
 1:40 PM 800 Meter Run  
 8:10 PM 1500 Meter Run  
 9:00 AM 3000 Meter Run  
 5:45 PM Discus Throw 1.5 Kg.  
 5:00 PM High Jump  
 9:30 AM Long Jump  
 10:50 AM 100 Meter Hurdles 36"

2:45 PM	Shot Put 3 kg	4:30 PM	Shot Put 6 kg.
8:00 AM	1500 Meter Race Walk	8:00 AM	1500 Meter Race Walk
	<u>Master's Women 60-64 years</u>		<u>Master's Men 60-64 years</u>
7:17 PM	50 Meter Dash	7:15 PM	50 Meter Dash
12:52 PM	100 Meter Dash	12:55 PM	100 Meter Dash
4:20 PM	100 Meter Dash Finals	4:32 PM	100 Meter Dash Finals
3:13 PM	200 Meter Dash	3:36 PM	200 Meter Dash
5:57 PM	400 Meter Dash	6:35 PM	400 Meter Dash
1:30 PM	800 Meter Run	1:40 PM	800 Meter Run
7:55 PM	1500 Meter Run	8:10 PM	1500 Meter Run
9:00 AM	3000 Meter Run	9:00 AM	3000 Meter Run
4:00 PM	Discus Throw 1 kg.	5:45 PM	Discus Throw 1.0 kg
4:00 PM	High Jump	5:00 PM	High Jump
9:30 AM	Long Jump	9:30 AM	Long Jump
10:25 AM	80 Meter Hurdles 30"	10:42 AM	100 Meter Hurdles 33"
2:45 PM	Shot Put 3 kg	4:30 PM	Shot Put 5 kg.
8:00 AM	1500 Meter Race Walk	8:00 AM	1500 Meter Race Walk
	<u>Master's Women 65-69 years</u>		<u>Master's Men 65-69 years</u>
7:17 PM	50 Meter Dash	7:19 PM	50 Meter Dash
12:52 PM	100 Meter Dash	12:55 PM	100 Meter Dash
4:20 PM	100 Meter Dash Finals	4:30 PM	100 Meter Dash Finals
3:13 PM	200 Meter Dash	3:36 PM	200 Meter Dash
5:57 PM	400 Meter Dash	6:40 PM	400 Meter Dash
1:30 PM	800 Meter Run	1:40 PM	800 Meter Run
7:55 PM	1500 Meter Run	8:10 PM	1500 Meter Run
9:00 AM	3000 Meter Run	9:00 AM	3000 Meter Run
4:00 PM	Discus Throw 1 kg.	5:45 PM	Discus Throw 1.0 kg
4:00 PM	High Jump	5:00 PM	High Jump
9:30 AM	Long Jump	10:30 AM	Long Jump
10:25 AM	80 Meter Hurdles 30"	10:42 AM	80 Meter Hurdles 33"
2:45 PM	Shot Put 3 kg	4:30 PM	Shot Put 5 kg.
8:00 AM	1500 Meter Race Walk	8:00 AM	1500 Meter Race Walk
	<u>Master's Women 70-74 years</u>		<u>Master's Men 70-74 years</u>
7:17 PM	50 Meter Dash	7:19 PM	50 Meter Dash
12:52 PM	100 Meter Dash	12:55 PM	100 Meter Dash
4:20 PM	100 Meter Dash Finals	4:28 PM	100 Meter Dash Finals
3:13 PM	200 Meter Dash	3:38 PM	200 Meter Dash
5:57 PM	400 Meter Dash	6:25 PM	400 Meter Dash
1:30 PM	800 Meter Run	1:30 PM	800 Meter Run
7:55 PM	1500 Meter Run	7:55 PM	1500 Meter Run
9:00 AM	3000 Meter Run	9:00 AM	3000 Meter Run
4:00 PM	Discus Throw 1 kg.	5:45 PM	Discus Throw 1.0 kg
4:00 PM	High Jump	5:00 PM	High Jump
9:30 AM	Long Jump	10:30 AM	Long Jump
10:07 AM	80 Meter Hurdles 30"	10:05 AM	80 Meter Hurdles 30"
2:45 PM	Shot Put 3 kg	4:30 PM	Shot Put 4kg.
8:00 AM	1500 Meter Race Walk	8:00 AM	1500 Meter Race Walk
	<u>Master's Women 75-79 years</u>		<u>Master's Men 75-79 years</u>
7:17 PM	50 Meter Dash	7:19 PM	50 Meter Dash
12:52 PM	100 Meter Dash	12:55 PM	100 Meter Dash
4:20 PM	100 Meter Dash Finals	4:26 PM	100 Meter Dash Finals
3:13 PM	200 Meter Dash	3:38 PM	200 Meter Dash
5:57 PM	400 Meter Dash	6:40 PM	400 Meter Dash

1:30 PM 800 Meter Run  
 7:55 PM 1500 Meter Run  
 9:00 AM 3000 Meter Run  
 4:00 PM Discus Throw 1 kg.  
 4:00 PM High Jump  
 9:30 AM Long Jump  
 10:07 AM 80 Meter Hurdles 30"  
 2:45 PM Shot Put 3 kg  
 8:00 AM 1500 Meter Race Walk

1:30 PM 800 Meter Run  
 7:55 PM 1500 Meter Run  
 9:00 AM 3000 Meter Run  
 5:45 PM Discus Throw 1.0 kg  
 5:00 PM High Jump  
 10:30 AM Long Jump  
 10:05 AM 80 Meter Hurdles 30"  
 4:30 PM Shot Put 4kg.  
 8:00 AM 1500 Meter Race Walk

Master's Women 80 and over

7:17 PM 50 Meter Dash  
 12:52 PM 100 Meter Dash  
 4:20 PM 100 Meter Dash Finals  
 3:13 PM 200 Meter Dash  
 5:57 PM 400 Meter Dash  
 1:30 PM 800 Meter Run  
 7:55 PM 1500 Meter Run  
 9:00 AM 3000 Meter Run  
 4:00 PM Discus Throw 1 kg.  
 4:00 PM High Jump  
 9:30 AM Long Jump  
 10:07 AM 80 Meter Hurdles 30"  
 2:45 PM Shot Put 3 kg  
 8:00 AM 1500 Meter Race Walk

Master's Men 80 and over

7:17 PM 50 Meter Dash  
 12:55 PM 100 Meter Dash  
 4:26 PM 100 Meter Dash Finals  
 3:38 PM 200 Meter Dash  
 6:40 PM 400 Meter Dash  
 1:30 PM 800 Meter Run  
 7:55 PM 1500 Meter Run  
 9:00 AM 3000 Meter Run  
 5:45 PM Discus Throw 1.0 kg  
 5:00 PM High Jump  
 10:30 AM Long Jump  
 10:05 AM 80 Meter Hurdles 30"  
 4:30 PM Shot Put 4kg.  
 8:00 AM 1500 Meter Race Walk

Master's Women Wheelchair

12:52 PM 100 Meter Dash  
 4:20 PM 100 Meter Dash Finals  
 3:13 PM 200 Meter Dash  
 5:57 PM 400 Meter Dash  
 1:30 PM 800 Meter Run  
 7:55 PM 1500 Meter Run  
 9:00 AM 3000 Meter Run  
 4:00 PM Discus Throw 1 kg,  
 2:45 PM Shot Put 3 kg  
 12:52 PM 100 Meter Dash

Master's Men Wheelchair

12:55 PM 100 Meter Dash  
 4:26 PM 100 Meter Dash Finals  
 3:36 PM 200 Meter Dash  
 6:40 PM 400 Meter Dash  
 1:30 PM 800 Meter Run  
 8:10 PM 1500 Meter Run  
 9:00 AM 3000 Meter Run  
 5:45 PM Discus Throw 1 Kg.  
 4:30 PM Shot Put 4 kg  
 12:55 PM 100 Meter Dash

Masters Women's events 30-80 years

9:30 AM (600g) Javelin Masters  
 3:00 PM Pole Vault Pole Vault Masters

Masters Men's events 30-80 years

9:30 AM (800g) Javelin Masters  
 3:00 PM Pole Vault Pole Vault Masters

**NOTE:** Age determined as of June 6, 2010. Athletes may enter ONLY ONE age group per event, which includes the open division.

**NOTE:** Masters meet will run simultaneous with the Youth meet. We have events throughout the day so you can plan other CSG events. Again, we guarantee events will not run ahead of schedule. Our goal is to run on time.

**100 Meter Dash** - One week prior to the meet the final heat sheets and time schedule will be available at [CornhuskerStateGames.com](http://CornhuskerStateGames.com). If there are not enough athletes to run a division 100 meter dash, then the 100 meter dash will run at the finals time. 100 finals will not be run at the preliminary time.

**TEAM DECATHLON:** Last year we had one team. But, the event was fun and could grow so we are bringing it back another year. This will be the last year if we continue to have no participation. You can only do 4 events, so you need at least three members. We will have a Masters Decathlon and an Open Decathlon. Men and women can combine for a team but you must qualify for Open or Masters. Men will use men's IAAF scoring tables and women will use IAAF scoring tables. You compete normally in your events for medals and your time or distance will be used to score points for your team. You are allowed to take zero for an event (*in case you can't find a pole vaulter or someone for another*

event). No extra cost to sign up your team. Medals will be awarded to Gold, Silver and Bronze teams from Masters Division and Open Division. If you know athletes that would help your team, then please recruit them to participate. You must enter the meet and enter into the event you wish to participate. Events are 100 Meter Dash, 400 Meter Dash, Short Hurdles, High Jump, Long Jump, Pole Vault, Discus, Javelin, Shot Put, and 1500 Meter Run. If you choose not to register online, please submit a team form.

**FIELD EVENTS:** Throwers must provide their own shot and discus and should bring towels.

**ENTRY FEE:** \$26 for first event, \$30 for two events, \$34 for three events and \$35 for four events, if registered by the June 1 deadline. Please only sign up for the number of events in which you will participate. Entry fee includes athlete T-shirt, passes to SportFest and the Opening Ceremonies and a copy of the Nebraska Sports Council Yearbook.

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

**VOLUNTEERS:** If you would like to help at the meet we will have two sessions. The first session runs from 8:00 AM to 2:00 PM. The second session runs from 2:00 PM to 8:00 PM. Anyone interested in helping contact [SMM547277@aol.com](mailto:SMM547277@aol.com) for your assignment. The Nebraska Sports Council will provide a T-Shirt, passes to Sportfest and the Opening Ceremonies and lunch and/or dinner. Events will be awarded by first come, first serve.

**STATE GAMES OF AMERICA:** Track & Field medal winners will automatically qualify for the 2010 State Games of America in Colorado Springs. For more information about the State Games of America and how to qualify, visit [StateGames.org](http://StateGames.org) or call (719) 634-7333.

**REGISTER AND WIN BIG!** As if the greatest sports participation experience in Nebraska weren't enough, all registered athletes in the Cornhusker State Games will be entered in the CSG Grand Prize Drawing. The top prize is a free one-year lease on a Mazda 5 from Anderson Auto Group! Second prize is free airfare for two to any Midwest Airlines destination. To encourage early entry, Borsheim's has donated a diamond and gold pendant valued at \$1,800, which will be awarded to one of the first 5,000 entrants. Those entering multiple sports receive one chance for each sport entered, so enter early and often!

**CHOOSE PACKET SHIPPING:** Packet shipping (\$5 Individual, \$10 Team/Doubles) allows you to receive your shirt(s), yearbook(s), event pass(es) and sponsor gifts more than a week before the Opening Ceremonies. Choosing this option means saving time and avoiding hassles like waiting in line or running across town between games. Those not choosing the shipping option may pick up athlete packets at the following locations/times:

Saturday, June 5, On-site at Concordia during competition

Wednesday, June 16, 8 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.

Thursday, June 17, 8 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.

Friday, June 18, 8 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.

Saturday-Sunday, June 19-20, 7 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.

Wednesday, June 23, 8 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.

Thursday, June 24, 8 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.

Friday, June 25, 4 p.m. – 7 p.m. SportFest, 7600 A St.

Saturday-Sunday, June 26-27, 7 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.

**OPENING CEREMONIES/SPORTFEST:** The always popular Opening Ceremonies on Friday, June 25 will again be preceded by SportFest, a party with all the trimmings including inflatable/carnival games, interactive displays, music and free dinner for registered athletes. Find all the details under the Special Events tab at [CornhuskerStateGames.com](http://CornhuskerStateGames.com) or call 402-471-2544 for more information.

**FOR FURTHER INFORMATION:** Masters Track and Field Director Steve Morrison (402)-423-5133 or email [SMM547277@aol.com](mailto:SMM547277@aol.com).