

Track & Field - Youth

DATE : Saturday, June 5.

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

Time	Event Name	Time	Event Name
	<u>Little Tykes Girls (born 2004 or after)</u>		<u>Little Tykes Boys (born 2004 or after)</u>
6:45 PM	50 Meter Dash	7:00 PM	50 Meter Dash
4:30 PM	Javelin (Turbo)	4:30 PM	Javelin (Turbo)
3:00 PM	Long Jump	3:00 PM	Long Jump
	<u>Sub-Bantam Girls (born 2002 or after)</u>		<u>Sub-Bantam Boys (born 2002 or after)</u>
6:53 PM	50 Meter Dash	7:07 PM	50 Meter Dash
3:00 PM	Javelin (Turbo)	3:00 PM	Javelin (Turbo)
4:30 PM	Long Jump	4:30 PM	Long Jump
	<u>Bantam Girls (born 2000 or after)</u>		<u>Bantam Boys (born 2000 or after)</u>
11:25 AM	100 Meter Dash	11:40 AM	100 Meter Dash
4:00 PM	100 Meter Dash Final	4:02 PM	100 Meter Dash Final
2:00 PM	200 Meter Dash	2:10 PM	200 Meter Dash
4:50 PM	400 Meter Dash	5:00 PM	400 Meter Dash
1:00 PM	800 Meter Run	1:00 PM	800 Meter Run
7:25 PM	1500 Meter Run	7:25 PM	1500 Meter Run
8:40 PM	4x100 Meter Relay	8:40 PM	4x100 Meter Relay
8:50 PM	4x400 Meter Relay	8:50 PM	4x400 Meter Relay
11:00 AM	High Jump	12:00 PM	High Jump
12:00 PM	Javelin (Turbo)	11:00 AM	Javelin (Turbo)
8:00 AM	Long Jump	8:00 AM	Long Jump
8:00 AM	Shot Put (6 lb.)	9:00 AM	Shot Put (6 lb.)
	<u>Midget Girls (born 1998-1999)</u>		<u>Midget Boys (born 1998-1999)</u>
11:55 AM	100 Meter Dash	12:05 PM	100 Meter Dash
4:04 PM	100 Meter Dash Finals	4:06 PM	100 Meter Dash Finals
2:20 PM	200 Meter Dash	2:25 PM	200 Meter Dash
5:10 PM	400 Meter Dash	5:20 PM	400 Meter Dash
1:07 PM	800 Meter Run	1:07 PM	800 Meter Run
7:25 PM	1500 Meter Run	7:25 PM	1500 Meter Run
8:20 AM	3000 Meter Run	8:20 AM	3000 Meter Run
8:40 PM	4x100 Meter Relay	8:40 PM	4x100 Meter Relay
8:50 PM	4x400 Meter Relay	8:50 PM	4x400 Meter Relay
2:30 PM	Discus Throw (1 Kg.)	3:15 PM	Discus Throw (1 Kg.)
1:00 PM	High Jump	2:00 PM	High Jump
2:00 PM	Javelin (Turbo)	1:00 PM	Javelin (Turbo)
11:30 AM	Long Jump	11:30 AM	Long Jump
10:00 AM	80 Meter Hurdles (30")	10:03 AM	80 Meter Hurdles (30")
1:15 PM	Shot Put (6 lbs.)	2:00 PM	Shot Put (6 lbs.)
	<u>Youth Girls (born 1996-1997)</u>		<u>Youth Boys (born 1996-1997)</u>
12:15 PM	100 Meter Dash	12:25 PM	100 Meter Dash
4:08 PM	100 Meter Dash Final	4:10 PM	100 Meter Dash Final
2:30 PM	200 Meter Dash	2:35 PM	200 Meter Dash

5:30 PM 400 Meter Dash
 1:15 PM 800 Meter Run
 7:35 PM 1500 Meter Run
 8:20 AM 3000 Meter Run
 8:45 PM 4x100 Meter Relay
 8:50 PM 4x400 Meter Relay
 11:30 AM Discus Throw (1 Kg.)
 3:00 PM High Jump
 8:00 AM Javelin (600g)
 3:45 PM 200 Meter Hurdles 30"
 1:00 PM Long Jump
 12:00 PM Pole Vault
 10:15 AM 100 Meter Hurdles (30")
 9:45 AM Shot Put (4 lbs.)
 6:00 PM Triple Jump

5:35 PM 400 Meter Dash
 1:22 PM 800 Meter Run
 7:45 PM 1500 Meter Run
 8:20 AM 3000 Meter Run
 8:45 PM 4x100 Meter Relay
 8:50 PM 4x400 Meter Relay
 1:00 PM Discus Throw (1 Kg.)
 3:00 PM High Jump
 8:45 AM Javelin (Turbo)
 3:47 PM 200 Meter Hurdles 30"
 1:00 PM Long Jump
 1:30 PM Pole Vault
 10:35 AM 100 Meter Hurdles (33")
 11:15 AM Shot Put (4 kg.)
 6:00 PM Triple Jump

Intermediate Girls (born 1994-1995)

12:35 PM 100 Meter Dash
 4:12 PM 100 Meter Dash Finals
 2:40 PM 200 Meter Dash
 5:41 PM 400 Meter Dash
 1:15 PM 800 Meter Run
 7:35 PM 1500 Meter Run
 8:20 AM 3000 Meter Run
 8:45 PM 4x100 Meter Relay
 8:50 PM 4x400 Meter Relay
 12:15 PM Discus Throw (1 Kg.)
 8:00 AM High Jump
 8:00 AM Javelin (600g) I
 3:50 PM 400 Meter Hurdles 30"
 2:00 PM Long Jump
 12:00 PM Pole Vault
 10:37 AM 100 Meter Hurdles (33")
 10:30 AM Shot Put (4 Kg.)
 6:00 PM Triple Jump

Intermediate Boys (born 1994-1995)

12:40 PM 100 Meter Dash
 4:14 PM 100 Meter Dash Finals
 2:45 PM 200 Meter Dash
 5:45 PM 400 Meter Dash
 1:22 PM 800 Meter Run
 7:45 PM 1500 Meter Run
 8:20 AM 3000 Meter Run
 8:45 PM 4x100 Meter Relay
 8:50 PM 4x400 Meter Relay
 1:45 PM Discus Throw (1.6 Kg.)
 9:30 AM High Jump
 8:45 AM Javelin (800 g)
 3:55 PM 400 Meter Hurdles 36"
 2:00 PM Long Jump
 1:30 PM Pole Vault
 11:00 AM 110 Meter Hurdles (39")
 12:00 PM Shot Put (12lb)
 6:00 PM Triple Jump

Young Women (born 1992-1993)

12:45 PM 100 Meter Dash
 4:16 PM 100 Meter Dash Finals
 2:50 PM 200 Meter Dash
 5:49 PM 400 Meter Dash
 1:15 PM 800 Meter Run
 7:35 PM 1500 Meter Run
 8:20 AM 5000 Meter Run
 8:45 PM 4x100 Meter Relay
 8:50 PM 4x400 Meter Relay
 12:15 PM Discus Throw (1 Kg.)
 8:00 AM High Jump
 8:00 AM Javelin (600g)
 3:50 PM 400 Meter Hurdles 30"
 2:00 PM Long Jump
 12:00 PM Pole Vault
 10:37 AM 100 Meter Hurdles (33")

Young Men (born 1992-1993)

12:50 PM 100 Meter Dash
 4:18 PM 100 Meter Dash Finals
 2:55 PM 200 Meter Dash
 5:53 PM 400 Meter Dash
 1:22 PM 800 Meter Run
 7:45 PM 1500 Meter Run
 8:20 AM 5000 Meter Run
 8:45 PM 4x100 Meter Relay
 8:50 PM 4x400 Meter Relay
 1:45 PM Discus Throw (1.6 Kg.)
 9:30 AM High Jump
 8:45 AM Javelin (800g)
 3:55 PM 400 Meter Hurdles 36"
 2:00 PM Long Jump
 1:30 PM Pole Vault
 11:03 AM 110 Meter Hurdles (39")

10:30 AM Shot Put (4 Kg.)
6:00 PM Triple Jump

12:45 PM Shot Put (12lb)
6:00 PM Triple Jump

AGE DIVISIONS: Age as of December 31, 2010 (*Except for youth, see NOTE below*)

Little Tykes - born in 2004 or later (Eligible for Bantam events) Three total

Sub-Bantam – born in 2002 or 2003 (Eligible for Bantam events) Three total

Bantam – born in 2000 or 2001

Midget – born in 1998 or 1999

Youth – born in 1996 or 1997

Intermediate – born in 1994 or 1995

Young Men/Women – born in 1992, 1993 or 1991 as of August 1 (USATF rules)

NOTE: Youth age determined as of June 5, 2010. Athletes may enter ONLY ONE age group and Little Tykes, Sub-Bantams and Bantams can only have 3 events

NOTE: Masters Meet will run simultaneous with Youth meet. Our goal is to run on time.

100 Meter Dash: Two days prior to the meet the final heat sheets and time schedule will be posted on the website. If there are less than eight athletes in your division to run a division 100 meter dash then the 100 meter dash will run at the finals time.

FIELD EVENTS: Track events take priority over field events. Please contact the field event judge and let him know that you have to go to the track. You have until Last call to get to running events. Do NOT go stand over at running events and stop the field event. Make arrangements to jump or throw early or late. COMMUNICATION IS THE BEST. Let start clerks and field events judges know.

ENTRY FEE: \$24 per entrant for first event, \$26 for two events, \$29 for three events and \$32 for four events. (*Little Tykes, Sub-Bantam, Bantam and Midget athletes may enter three events; Youth, Intermediate and Young Men/Women athletes may enter four events*) if registered by the June 1 deadline. 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, and USATF rules will apply. Maximum 1/8" spikes allowed.

RELAY TEAMS: All relay teams must be formed and designated on the initial entry form. Relay teams must use the team entry form and fill out the Team Roster/Waiver Form. Include all entry forms for all relay team members in one envelope. Relays count as one event. All relay team members must be the same gender and in the same age division.

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 1:00 PM to 5:00 PM. Please contact SMM547277@aol.com for your assignment. The Nebraska Sports Council will provide a T-Shirt, passes to Sportfest and the Opening Ceremonies and a lunch and/or dinner. Events will be awarded by first come, first serve. If you would like to donate time to one or two or even three sessions, we would appreciate your help.

STATE GAMES OF AMERICA: Track & Field medal winners will automatically qualify for the 2011 State Games of America in San Diego, CA. For more information about the State Games of America and how to qualify, visit StateGames2011.com or call (619) 223-2033.

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 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.