

Aquatics - Open Water Swimming

Register online at CornhuskerStateGames.com

GENERAL INFORMATION

Sponsored by:

DATE: Saturday, July 27, 2019

TIMES: Check-in begins 6:30 a.m. for 10K swim. Check in begins at 7 a.m. for all other events.

See timeline below for specific race start times.

SITE: Branched Oak Lake (12000 W Branched Oak Rd, Raymond, NE). Area 1 picnic shelter and beach area.

COURSE: Swim course measurements are approximate and may be altered due to water depth and/or weather conditions in a manner that will not conflict with other ongoing lake activities.

COMPETITION FORMAT: All events are swum in a circular loop or repeated loops. The swim course will be well-marked and patrolled. All 10K swimmers are required to have a kayak escort.

RULES: USA Swimming Long Distance rules will apply. No wet suits allowed.

AWARDS: Custom Cornhusker State Games gold, silver and bronze medals will be awarded to the top three finishers in each division.

SAFETY: Race Director has authority to stop any competitor at any time if their participation is deemed dangerous to themselves or any of the volunteer safety staff.

NOTE: Age determined as of July 27, 2019.



EVENTS

Event Name	Event Code	Event Name	Event Code
<u>Male 100 Meter</u>		<u>Female 100 Meter</u>	
14 & Under	133	14 & Under	149
15-19 Years	134	15-19 Years	150
20-24 Years	135	20-24 Years	151
25-29 Years	136	25-29 Years	152
30-34 Years	137	30-34 Years	153
35-39 Years	138	35-39 Years	154
40-44 Years	139	40-44 Years	155
45-49 Years	140	45-49 Years	156
50-54 Years	141	50-54 Years	157
55-59 Years	142	55-59 Years	158
60-64 Years	143	60-64 Years	159
65-69 Years	144	65-69 Years	160
70-74 Years	145	70-74 Years	161
75-79 Years	146	75-79 Years	162
80-84 Years	147	80-84 Years	163
85 & Over	148	85 & Over	164

Male 1 Mile

14 & Under	16
15-19 Years	17
20-24 Years	18
25-29 Years	19
30-34 Years	20
35-39 Years	21
40-44 Years	22
45-49 Years	23
50-54 Years	24
55-59 Years	165
60-64 Years	25
65-69 Years	26
70-74 Years	27
75-79 Years	28
80-84 Years	29
85 & Over	30

Female 1 Mile

14 & Under	82
15-19 Years	83
20-24 Years	84
25-29 Years	85
30-34 Years	86
35-39 Years	87
40-44 Years	88
45-49 Years	89
50-54 Years	90
55-59 Years	168
60-64 Years	91
65-69 Years	92
70-74 Years	93
75-79 Years	94
80-84 Years	95
85 & Over	96

Male 5 Kilometer

14 & Under	37
15-19 Years	38
20-24 Years	39
25-29 Years	40
30-34 Years	41
35-39 Years	42
40-44 Years	43
45-49 Years	44
50-54 Years	45
55-59 Years	166
60-64 Years	46
65-69 Years	47
70-74 Years	48
75-79 Years	49
80-84 Years	50
85 & Over	51

Female 5 Kilometer

14 & Under	103
15-19 Years	104
20-24 Years	105
25-29 Years	106
30-34 Years	107
35-39 Years	108
40-44 Years	109
45-49 Years	110
50-54 Years	111
55-59 Years	169
60-64 Years	112
65-69 Years	113
70-74 Years	114
75-79 Years	115
80-84 Years	116
85 & Over	117

Male 10 Kilometer

14 & Under	52
15-19 Years	53
20-24 Years	54
25-29 Years	55
30-34 Years	56
35-39 Years	57
40-44 Years	58
45-49 Years	59
50-54 Years	60
55-59 Years	167
60-64 Years	61
65-69 Years	62
70-74 Years	63
75-79 Years	64
80-84 Years	65
85 & Over	66

Female 10 Kilometer

14 & Under	118
15-19 Years	119
20-24 Years	120
25-29 Years	121
30-34 Years	122
35-39 Years	123
40-44 Years	124
45-49 Years	125
50-54 Years	126
55-59 Years	170
60-64 Years	127
65-69 Years	128
70-74 Years	129
75-79 Years	130
80-84 Years	131
85 & Over	132

TIMELINE OF EVENTS

The 10K will start together at 7 a.m.

The 1 mile will start at 7:30 a.m.

The 5K will start at 8:30 a.m.

The 100M will start at 9:30 a.m.

All 10K swimmers are required to have a kayaker escort. If a swimmer would like help finding a kayaker, please email the race director Molly Nance at mcnance@gmail.com.

JOIN US AT SPORTFEST AND OPENING CEREMONIES ON JULY 19!

Make plans to join us on Friday, July 19 at Lincoln East High and Seacrest Field for Sport Fest 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.

ATHLETE PACKETS & TEAM BOXES

Choose the Shipping Option and get a Free Arby's Sandwich!

Save time, avoid hassles and receive your CSG gear more than a week before the Opening Ceremonies by shipping your athlete packet (\$10) or team box (\$15). Athlete packets contain the athlete shirt and Super Pass. Athlete packets will begin to ship in June. The packet shipping option will only be available for those registered by the final entry deadline. If you don't choose the shipping option, you will need to pick up your athlete packet or team box.

REGISTRATION FEES & DEADLINES

For pricing and dates, please check the Open Water Swimming web page.

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 2019 Cornhusker State Games; White cotton athlete shirt (micro-fiber or soft cotton lightweight tri-blend upgrade available); Pass for free admission to SportFest, the Opening Ceremonies, and all competition venues; 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 Open Water Swimming Director Molly Nance at mcnance@gmail.com or 402-429-6106.

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