

Track & Field – Masters

Register online at CornhuskerStateGames.com

GENERAL INFORMATION

DATE: Saturday, July 20, 2019

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.

POLE VAULT: Pole Vault will be contested at Lincoln High the day of the track meet. See time schedule below.

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

AWARDS: Custom Cornhusker State Games gold, silver and bronze medals will be awarded to the top three finishers in each event. Commemorative medals to all athletes that compete in 3-4 year old and 5-6 year divisions. Commemorative medal to all family participants in Family relay.

NOTE: Age as of August 1, 2019.

VOLUNTEERS: Volunteers are needed for the Cornhusker State Games Track & Field event. Those interested should contact volunteer coordinator Kevin James. 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 2019:

THE MORRISON FAMILY AWARD. In February of 2018, long-time Cornhusker State Games Track and Field Director Steve Morrison passed away. He was instrumental in building the meet to what it is today with a strong emphasis on family involvement. Before his passing, he had a vision to add a Family Relay Race (4x100) to the event list for 2018. The Family Relay Race can include any age and any gender. It is an exhibition event. This relay does not count toward each athlete's maximum event count. Every relay member must be a family member and be registered in the system for at least one event. The event can be the Family Relay Race only. All registered athletes are eligible. All participants in the Family Relay Race will receive a commemorative medal and the top three teams will receive a gold, silver and bronze medal. In addition, the overall fastest relay team will win the **MORRISON FAMILY AWARD**.

The Cornhusker State Games Track & Field Meet runs from 7:30 a.m. to 5:00 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. Those interested in walking in the 2019 Games are encouraged to register for any of three walking events - CSG Walk (Outdoor Lincoln, July 28); Mallwalk (Indoor Lincoln, July 21); WalkOmaha (Outdoor Omaha, July 28) - at CornhuskerStateGames.com.

The updated time format for 2019 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.

SPONSORED BY:



EVENTS

The schedule of events below is an approximate time based upon participation registered numbers. A **FINAL** schedule and heat sheet will be posted at CornhuskerStateGames.com and emailed to participants the week of competition by Wednesday July 17th and not before. Please check the Website before calling the Sport Director.

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

MAX EVENTS: A maximum of four (4) events per participant. 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. May be subject to weights and measures.

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.

RELAYS:

4x100 Relays are split into four divisions. Women 49 & Under, Women 50 & Over, Male 49 & Under, and Male 50 Over. All four runners must meet the age requirements in the Male and Female divisions. 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.

BIB NUMBERS – Bib Numbers are no longer used in the event. When you arrive you go directly to your field event site if that is first or proceed to Hip Number tent to pick up a hip number for your first racing event. Please allow 45 minutes to an hour to warm-up and get your hip number. The Hip number tent will be in the Southeast corner of the track. No registration at the meet is required and no packet pickup will be allowed at the meet.

Maps Are available and the Javelin will be contested at the Lincoln High Baseball field.

Division	Event	Day	Event #	Information	Time
Men 19-29	Triple Jump	Saturday	116		7:30 AM
Men 19-29	3000 Meter Run	Saturday	117		7:50 AM
Men 19-29	High Jump	Saturday	120		8:00 AM
Men 19-29	Long Jump	Saturday	115		9:15 AM
Men 19-29	110 Meter Hurdles	Saturday	110	42"	9:15 AM
Men 19-29	1500 Meter Run	Saturday	106		10:20 AM
Men 19-29	Pole Vault	Saturday	121		11:30 AM
Men 19-29	100 Meter Dash	Saturday	102		11:45 AM
Men 19-29	Javelin	Saturday	119	800 Gram	12:30 PM
Men 19-29	Shot Put	Saturday	118	16 LB	1:15 PM
Men 19-29	400 Meter Dash	Saturday	104		1:30 PM
Men 19-29	800 Meter Run	Saturday	105		3:10 PM
Men 19-29	Discus	Saturday	117	2.0 k	3:45 PM
Men 19-29	200 Meter Run	Saturday	103		4:00 PM

Division	Event	Day	Event #	Information	Time
Men 30-34	Triple Jump	Saturday	116		7:30 AM
Men 30-34	3000 Meter Run	Saturday	117		7:50 AM
Men 30-34	Pole Vault	Saturday	21		8:00 AM
Men 30-34	High Jump	Saturday	120		8:00 AM
Men 30-34	Long Jump	Saturday	115		9:15 AM
Men 30-34	110 Meter Hurdles	Saturday	110	39"	9:15 AM
Men 30-34	1500 Meter Run	Saturday	106		10:20 AM
Men 30-34	100 Meter Dash	Saturday	102		11:45 AM
Men 30-34	Javelin	Saturday	119	800 Gram	12:30 PM
Men 30-34	Shot Put	Saturday	118	16 LB	1:15 PM
Men 30-34	400 Meter Dash	Saturday	104		1:30 PM
Men 30-34	800 Meter Run	Saturday	105		3:10 PM
Men 30-34	Discus	Saturday	117	2.0 k	3:45 PM
Men 30-34	200 Meter Run	Saturday	103		4:00 PM

Division	Event	Day	Event #	Information	Time
Men 35-39	Triple Jump	Saturday	116		7:30 AM
Men 35-39	3000 Meter Run	Saturday	117		7:50 AM
Men 35-39	Pole Vault	Saturday	21		8:00 AM
Men 35-39	High Jump	Saturday	120		8:00 AM
Men 35-39	Long Jump	Saturday	115		9:15 AM
Men 35-39	110 Meter Hurdles	Saturday	110	39"	9:15 AM
Men 35-39	1500 Meter Run	Saturday	106		10:20 AM
Men 35-39	100 Meter Dash	Saturday	102		11:45 AM
Men 35-39	Javelin	Saturday	119	800 Gram	12:30 PM
Men 35-39	Shot Put	Saturday	118	16 LB	1:15 PM
Men 35-39	400 Meter Dash	Saturday	104		1:30 PM
Men 35-39	800 Meter Run	Saturday	105		3:10 PM
Men 35-39	Discus	Saturday	117	2.0 k	3:45 PM
Men 35-39	200 Meter Run	Saturday	103		4:00 PM

Division	Event	Day	Event #	Information	Time
Men 40-44	Triple Jump	Saturday	116		7:30 AM

Men 40-44	3000 Meter Run	Saturday	117		7:50 AM
Men 40-44	Pole Vault	Saturday	21		8:00 AM
Men 40-44	High Jump	Saturday	120		8:00 AM
Men 40-44	Long Jump	Saturday	115		9:15 AM
Men 40-44	110 Meter Hurdles	Saturday	110	39"	9:15 AM
Men 80-84	1500 Meter Run	Saturday	106		10:00 AM
Men 40-44	100 Meter Dash	Saturday	102		11:45 AM
Men 40-44	Javelin	Saturday	119	800 Gram	12:30 PM
Men 40-44	Shot Put	Saturday	118	16 LB	1:15 PM
Men 40-44	400 Meter Dash	Saturday	104		1:30 PM
Men 40-44	800 Meter Run	Saturday	105		3:10 PM
Men 40-44	Discus	Saturday	117	2.0 k	3:15 PM
Men 40-44	200 Meter Run	Saturday	103		4:00 PM

Division	Event	Day	Event #	Information	Time
Men 45-49	Pole Vault	Saturday	21		8:00 AM
Men 45-49	Triple Jump	Saturday	116		7:30 AM
Men 45-49	3000 Meter Run	Saturday	117		7:50 AM
Men 45-49	High Jump	Saturday	120		8:00 AM
Men 45-49	Long Jump	Saturday	115		8:30 AM
Men 45-49	110 Meter Hurdles	Saturday	110	39"	9:15 AM
Men 45-49	1500 Meter Run	Saturday	106		10:20 AM
Men 45-49	100 Meter Dash	Saturday	102		11:45 AM
Men 45-49	Javelin	Saturday	119	800 Gram	12:30 PM
Men 45-49	Shot Put	Saturday	118	16 LB	1:15 PM
Men 45-49	400 Meter Dash	Saturday	104		1:30 PM
Men 45-49	800 Meter Run	Saturday	105		3:10 PM
Men 45-49	Discus	Saturday	117	2.0 k	3:15 PM
Men 45-49	200 Meter Run	Saturday	103		4:00 PM

Division	Event	Day	Event #	Information	Time
Men 50-54	Triple Jump	Saturday	116		7:30 AM
Men 50-54	3000 Meter Run	Saturday	117		7:50 AM
Men 50-54	Pole Vault	Saturday	21		8:00 AM
Men 50-54	High Jump	Saturday	120		8:00 AM
Men 50-54	Long Jump	Saturday	115		8:30 AM
Men 50-54	100 Meter Hurdles	Saturday	109	36"	9:00 AM
Men 50-54	Javelin	Saturday	119	700 Gram	9:15 AM
Men 50-54	1500 Meter Run	Saturday	106		10:20 AM
Men 50-54	100 Meter Dash	Saturday	102		11:45 AM
Men 50-54	400 Meter Dash	Saturday	104		1:30 PM
Men 50-54	Discus	Saturday	117	1.5 k	2:30 PM
Men 50-54	800 Meter Run	Saturday	105		3:10 PM
Men 50-54	Shot Put	Saturday	118	6k	4:00 PM
Men 50-54	200 Meter Run	Saturday	103		4:00 PM

Division	Event	Day	Event #	Information	Time
Men 55-59	Triple Jump	Saturday	116		7:30 AM

Men 55-59	3000 Meter Run	Saturday	117		7:50 AM
Men 55-59	Pole Vault	Saturday	21		8:00 AM
Men 55-59	High Jump	Saturday	120		8:00 AM
Men 55-59	Long Jump	Saturday	115		8:30 AM
Men 55-59	100 Meter Hurdles	Saturday	109	36"	9:00 AM
Men 55-59	Javelin	Saturday	119	700 Gram	9:15 AM
Men 55-59	1500 Meter Run	Saturday	106		10:20 AM
Men 55-59	100 Meter Dash	Saturday	102		11:45 AM
Men 55-59	400 Meter Dash	Saturday	104		1:30 PM
Men 55-59	Discus	Saturday	117	1.5 k	2:30 PM
Men 55-59	800 Meter Run	Saturday	105		3:10 PM
Men 55-59	Shot Put	Saturday	118	6k	4:00 PM
Men 55-59	200 Meter Run	Saturday	103		4:00 PM

Division	Event	Day	Event #	Information	Time
Men 60-64	Triple Jump	Saturday	116		7:30 AM
Men 60-64	3000 Meter Run	Saturday	117		7:50 AM
Men 60-64	Pole Vault	Saturday	21		8:00 AM
Men 60-64	High Jump	Saturday	120		8:00 AM
Men 60-64	Long Jump	Saturday	115		8:30 AM
Men 60-64	100 Meter Hurdles	Saturday	109	33"	8:30 AM
Men 60-64	Javelin	Saturday	119	600 Gram	9:15 AM
Men 60-64	1500 Meter Run	Saturday	106		10:20 AM
Men 60-64	100 Meter Dash	Saturday	102		11:45 AM
Men 60-64	Discus	Saturday	117	1.0 k	1:30 PM
Men 60-64	400 Meter Dash	Saturday	104		1:30 PM
Men 60-64	50 Meter Dash	Saturday	101		2:00 PM
Men 60-64	800 Meter Run	Saturday	105		3:10 PM
Men 60-64	200 Meter Run	Saturday	103		3:45 PM
Men 60-64	Shot Put	Saturday	118	5 K	4:00 PM

Division	Event	Day	Event #	Information	Time
Men 65-69	Triple Jump	Saturday	116		7:30 AM
Men 65-69	3000 Meter Run	Saturday	117		7:50 AM
Men 65-69	Pole Vault	Saturday	21		8:00 AM
Men 65-69	High Jump	Saturday	120		8:00 AM
Men 65-69	Long Jump	Saturday	115		8:30 AM
Men 65-69	100 Meter Hurdles	Saturday	109	33"	8:30 AM
Men 65-69	Javelin	Saturday	119	600 Gram	9:15 AM
Men 65-69	1500 Meter Run	Saturday	106		10:20 AM
Men 65-69	100 Meter Dash	Saturday	102		11:45 AM
Men 65-69	400 Meter Dash	Saturday	104		1:15 PM
Men 65-69	Discus	Saturday	117	1.0 k	1:30 PM
Men 65-69	50 Meter Dash	Saturday	101		2:00 PM
Men 65-69	800 Meter Run	Saturday	105		3:10 PM
Men 65-69	200 Meter Run	Saturday	103		3:45 PM
Men 65-69	Shot Put	Saturday	118	5 K	4:00 PM

Division	Event	Day	Event #	Information	Time
Men 70-74	Pole Vault	Saturday	21		8:00 AM

Men 70-74	Triple Jump	Saturday	116		7:30 AM
Men 70-74	3000 Meter Run	Saturday	117		7:50 AM
Men 70-74	High Jump	Saturday	120		8:00 AM
Men 70-74	Long Jump	Saturday	115		8:30 AM
Men 70-74	80 Meter Hurdles	Saturday	108	30"	8:30 AM
Men 70-74	Javelin	Saturday	119	500 Gram	9:15 AM
Men 70-74	1500 Meter Run	Saturday	106		10:20 AM
Men 70-74	100 Meter Dash	Saturday	102		11:45 AM
Men 70-74	400 Meter Dash	Saturday	104		1:15 PM
Men 70-74	Discus	Saturday	117	1.0 k	1:30 PM
Men 70-74	50 Meter Dash	Saturday	101		2:00 PM
Men 70-74	Shot Put	Saturday	118	4 K	2:45 PM
Men 70-74	800 Meter Run	Saturday	105		3:10 PM
Men 70-74	200 Meter Run	Saturday	103		3:45 PM

Division	Event	Day	Event #	Information	Time
Men 75-79	Pole Vault	Saturday	21		8:00 AM
Men 75-79	Triple Jump	Saturday	116		7:30 AM
Men 75-79	3000 Meter Run	Saturday	117		7:50 AM
Men 75-79	High Jump	Saturday	120		8:00 AM
Men 75-79	Long Jump	Saturday	115		8:30 AM
Men 75-79	80 Meter Hurdles	Saturday	108	30"	8:30 AM
Men 75-79	Javelin	Saturday	119	500 Gram	9:15 AM
Men 75-79	1500 Meter Run	Saturday	106		10:00 AM
Men 75-79	100 Meter Dash	Saturday	102		11:45 AM
Men 75-79	400 Meter Dash	Saturday	104		1:15 PM
Men 75-79	Discus	Saturday	117	1.0 k	1:30 PM
Men 75-79	50 Meter Dash	Saturday	101		2:00 PM
Men 75-79	Shot Put	Saturday	118	4 K	2:45 PM
Men 75-79	800 Meter Run	Saturday	105		3:10 PM
Men 75-79	200 Meter Run	Saturday	103		3:45 PM

Division	Event	Day	Event #	Information	Time
Men 80-84	Pole Vault	Saturday	21		8:00 AM
Men 80-84	Triple Jump	Saturday	116		7:30 AM
Men 80-84	3000 Meter Run	Saturday	117		7:50 AM
Men 80-84	High Jump	Saturday	120		8:00 AM
Men 80-84	Long Jump	Saturday	115		8:30 AM
Men 80-84	80 Meter Hurdles	Saturday	108	27"(30")	8:30 AM
Men 80-84	Javelin	Saturday	119	500 Gram	9:15 AM
Men 80-84	1500 Meter Run	Saturday	106		10:00 AM
Men 80-84	100 Meter Dash	Saturday	102		11:45 AM
Men 80-84	400 Meter Dash	Saturday	104		1:15 PM
Men 80-84	Discus	Saturday	117	1.0 k	1:30 PM
Men 80-84	50 Meter Dash	Saturday	101		2:00 PM
Men 80-84	Shot Put	Saturday	118	4 K	2:45 PM
Men 80-84	800 Meter Run	Saturday	105		3:10 PM
Men 80-84	200 Meter Run	Saturday	103		3:45 PM

Division	Event	Day	Event #	Information	Time
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Men 85-89	Pole Vault	Saturday	21		8:00 AM
Men 85-89	Triple Jump	Saturday	116		7:30 AM
Men 85-89	3000 Meter Run	Saturday	117		7:50 AM
Men 85-89	High Jump	Saturday	120		8:00 AM
Men 85-89	Long Jump	Saturday	115		8:30 AM
Men 85-89	80 Meter Hurdles	Saturday	108	27"(30")	8:30 AM
Men 85-89	Javelin	Saturday	119	500 Gram	9:15 AM
Men 85-89	1500 Meter Run	Saturday	106		10:00 AM
Men 85-89	100 Meter Dash	Saturday	102		11:45 AM
Men 85-89	400 Meter Dash	Saturday	104		1:15 PM
Men 85-89	Discus	Saturday	117	1.0 k	1:30 PM
Men 85-89	50 Meter Dash	Saturday	101		2:00 PM
Men 85-89	Shot Put	Saturday	118	4 K	2:45 PM
Men 85-89	800 Meter Run	Saturday	105		3:10 PM
Men 85-89	200 Meter Run	Saturday	103		3:45 PM

Division	Event	Day	Event #	Information	Time
Men Over 90	Pole Vault	Saturday	21		8:00 AM
Men Over 90	Triple Jump	Saturday	116		7:30 AM
Men Over 90	3000 Meter Run	Saturday	117		7:50 AM
Men Over 90	High Jump	Saturday	120		8:00 AM
Men Over 90	Long Jump	Saturday	115		8:30 AM
Men Over 90	80 Meter Hurdles	Saturday	108	27"(30")	8:30 AM
Men Over 90	Javelin	Saturday	119	500 Gram	9:15 AM
Men Over 90	1500 Meter Run	Saturday	106		10:00 AM
Men Over 90	100 Meter Dash	Saturday	102		11:45 AM
Men Over 90	400 Meter Dash	Saturday	104		1:15 PM
Men over 90	Discus	Saturday	117	1.0 k	1:30 PM
Men Over 90	50 Meter Dash	Saturday	101		2:00 PM
Men Over 90	Shot Put	Saturday	118	4 K	2:45 PM
Men Over 90	800 Meter Run	Saturday	105		3:10 PM
Men Over 90	200 Meter Run	Saturday	103		3:45 PM

Division	Event	Day	Event #	Information	Time
Family	4x100 Relay	Saturday	213		1:45 PM
Men 49 Under	4x100 Relay	Saturday	113		1:50 PM
Men 50 Older	4x100 Relay	Saturday	113		1:50 PM

Division	Event	Day	Event #	Information	Time
Women 19-29	Long Jump	Saturday	115		7:30 AM
Women 19-29	3000 Meter Run	Saturday	117		7:50 AM
Women 19-29	Triple Jump	Saturday	116		8:15 AM
Women 19-29	Pole Vault	Saturday	21		8:00 AM
Women 19-29	100 Meter Hurdles	Saturday	109	33"	9:00 AM
Women 19-29	1500 Meter Run	Saturday	106		10:00 AM
Women 19-29	High Jump	Saturday	120		10:30 AM
Women 19-29	Javelin	Saturday	119	600 Gram	11:30 AM
Women 19-29	100 Meter Dash	Saturday	102		11:30 AM
Women 19-29	Discus	Saturday	117	1.0 k	12:45 PM
Women 19-29	400 Meter Dash	Saturday	104		1:15 PM
Women 19-29	800 Meter Run	Saturday	105		3:00 PM
Women 19-29	Shot Put	Saturday	118	4 K	3:15 PM
Women 19-29	200 Meter Run	Saturday	103		3:45 PM

Division	Event	Day	Event #	Information	Time
Women 30-34	Long Jump	Saturday	115		7:30 AM
Women 30-34	3000 Meter Run	Saturday	117		7:50 AM
Women 30-34	Triple Jump	Saturday	116		8:15 AM
Women 30-34	Pole Vault	Saturday	21		8:00 AM
Women 30-34	100 Meter Hurdles	Saturday	109	33"	9:00 AM
Women 30-34	1500 Meter Run	Saturday	106		10:00 AM
Women 30-34	High Jump	Saturday	120		10:30 AM
Women 30-34	Javelin	Saturday	119	600 Gram	11:30 AM
Women 30-34	100 Meter Dash	Saturday	102		11:30 AM
Women 30-34	Discus	Saturday	117	1.0 k	12:45 PM
Women 30-34	400 Meter Dash	Saturday	104		1:15 PM
Women 30-34	800 Meter Run	Saturday	105		3:00 PM
Women 30-34	Shot Put	Saturday	118	4 K	3:15 PM
Women 30-34	200 Meter Run	Saturday	103		3:45 PM

Division	Event	Day	Event #	Information	Time
Women 35-39	Long Jump	Saturday	115		7:30 AM
Women 35-39	3000 Meter Run	Saturday	117		7:50 AM
Women 35-39	Pole Vault	Saturday	21		8:00 AM
Women 35-39	Triple Jump	Saturday	116		8:15 AM
Women 35-39	100 Meter Hurdles	Saturday	109	33"	9:00 AM
Women 35-39	1500 Meter Run	Saturday	106		10:00 AM
Women 35-39	High Jump	Saturday	120		10:30 AM
Women 35-39	Javelin	Saturday	110	600 Gram	11:30 AM
Women 35-39	100 Meter Dash	Saturday	102		11:30 AM
Women 35-39	Discus	Saturday	117	1.0 k	12:45 PM
Women 35-39	400 Meter Dash	Saturday	104		1:15 PM
Women 35-39	800 Meter Dash	Saturday	104		3:00 PM
Women 35-39	Shot Put	Saturday	118	4 K	3:15 PM
Women 35-39	200 Meter Run	Saturday	103		3:45 PM

Division	Event	Day	Event #	Information	Time
Women 40-44	Long Jump	Saturday	115		7:30 AM
Women 40-44	3000 Meter Run	Saturday	117		7:50 AM
Women 40-44	Pole Vault	Saturday	21		8:00 AM
Women 40-44	80 Meter Hurdles	Saturday	108	30"	8:30 AM
Women 40-44	1500 Meter Run	Saturday	106		10:00 AM
Women 40-44	High Jump	Saturday	120		10:30 AM
Women 40-44	Javelin	Saturday	119	600 Gram	11:30 AM
Women 40-44	100 Meter Dash	Saturday	102		11:30 AM
Women 40-44	Discus	Saturday	117	1.0 k	12:45 PM
Women 40-44	400 Meter Dash	Saturday	104		1:15 PM
Women 40-44	800 Meter Dash	Saturday	104		3:00 PM
Women 40-44	Shot Put	Saturday	118	4 K	3:15 PM
Women 40-44	200 Meter Run	Saturday	103		3:45 PM
Women 40-45	Triple Jump	Saturday	116		8:15 AM

Division	Event	Day	Event #	Information	Time
Women 45-49	Pole Vault	Saturday	21		8:00 AM
Women 45-49	Long Jump	Saturday	115		7:30 AM
Women 45-49	Triple Jump	Saturday	116		8:15 AM
Women 45-49	3000 Meter Run	Saturday	117		7:50 AM
Women 45-49	80 Meter Hurdles	Saturday	108	30"	8:30 AM
Women 45-49	1500 Meter Run	Saturday	106		10:00 AM
Women 45-49	High Jump	Saturday	120		10:30 AM
Women 45-49	Javelin	Saturday	119	600 Gram	11:30 AM
Women 45-49	100 Meter Dash	Saturday	102		11:30 AM
Women 45-49	Discus	Saturday	117	1.0 k	12:45 PM
Women 45-49	400 Meter Dash	Saturday	104		1:15 PM
Women 45-49	800 Meter Dash	Saturday	104		3:00 PM
Women 45-49	Shot Put	Saturday	118	4 K	3:15 PM
Women 45-49	200 Meter Run	Saturday	103		3:45 PM

Division	Event	Day	Event #	Information	Time
Women 50-54	Long Jump	Saturday	115		7:30 AM
Women 50-54	3000 Meter Run	Saturday	117		7:50 AM
Women 50-54	Pole Vault	Saturday	21		8:00 AM
Women 50-54	Triple Jump	Saturday	116		8:15 AM
Women 50-54	80 Meter Hurdles	Saturday	108	30"	8:30 AM
Women 50-54	1500 Meter Run	Saturday	106		10:00 AM
Women 50-54	High Jump	Saturday	120		10:30 AM
Women 50-54	Javelin	Saturday	119	500 Gram	10:45 AM
Women 50-54	100 Meter Dash	Saturday	102		11:30 AM
Women 50-54	Discus	Saturday	117	1.0 k	12:00 PM
Women 50-54	400 Meter Dash	Saturday	104		1:15 PM
Women 50-54	Shot Put	Saturday	118	3 K	2:00 PM
Women 50-54	800 Meter Run	Saturday	105		3:00 PM
Women 50-54	200 Meter Run	Saturday	103		3:45 PM

Division	Event	Day	Event #	Information	Time
Women 55-59	Long Jump	Saturday	115		7:30 AM
Women 55-59	3000 Meter Run	Saturday	117		7:50 AM
Women 55-59	Pole Vault	Saturday	21		8:00 AM
Women 55-59	Triple Jump	Saturday	116		8:15 AM
Women 55-59	80 Meter Hurdles	Saturday	108	30"	8:30 AM
Women 55-59	1500 Meter Run	Saturday	106		10:00 AM
Women 55-59	High Jump	Saturday	120		10:30 AM
Women 55-59	Javelin	Saturday	110	500 Gram	10:45 AM
Women 55-59	100 Meter Dash	Saturday	102		11:30 AM
Women 55-59	Discus	Saturday	117	1.0 k	12:00 PM
Women 55-59	400 Meter Dash	Saturday	104		1:15 PM
Women 55-59	Shot Put	Saturday	118	3 K	2:00 PM
Women 55-59	800 Meter Run	Saturday	105		3:00 PM
Women 55-59	200 Meter Run	Saturday	103		3:45 PM

Division	Event	Day	Event #	Information	Time
Women 60-64	Long Jump	Saturday	115		7:30 AM
Women 60-64	3000 Meter Run	Saturday	117		7:50 AM
Women 60-64	Pole Vault	Saturday	21		8:00 AM
Women 60-64	Triple Jump	Saturday	116		8:15 AM
Women 60-64	80 Meter Hurdles	Saturday	108	30"	8:30 AM
Women 60-64	1500 Meter Run	Saturday	106		10:00 AM
Women 60-64	High Jump	Saturday	120		10:30 AM
Women 60-64	Javelin	Saturday	119	500 Gram	10:45 AM
Women 60-64	100 Meter Dash	Saturday	102		11:30 AM
Women 60-64	Discus	Saturday	117	1.0 k	12:00 PM
Women 60-64	400 Meter Dash	Saturday	104		1:15 PM
Women 60-64	Shot Put	Saturday	118	3 K	2:00 PM
Women 60-64	50 Meter Dash	Saturday	101		2:00 PM
Women 60-64	800 Meter Run	Saturday	105		3:00 PM
Women 60-64	200 Meter Run	Saturday	103		3:45 PM

Division	Event	Day	Event #	Information	Time
Women 65-69	Long Jump	Saturday	115		7:30 AM
Women 65-69	3000 Meter Run	Saturday	117		7:50 AM
Women 65-69	Pole Vault	Saturday	21		8:00 AM
Women 65-69	Triple Jump	Saturday	116		8:15 AM
Women 65-69	80 Meter Hurdles	Saturday	108	27"(30")	8:30 AM
Women 65-69	1500 Meter Run	Saturday	106		10:00 AM
Women 65-69	High Jump	Saturday	120		10:30 AM
Women 65-69	Javelin	Saturday	119	500 Gram	10:45 AM
Women 65-69	100 Meter Dash	Saturday	102		11:30 AM
Women 65-69	Discus	Saturday	117	1.0 k	12:00 PM
Women 65-69	400 Meter Dash	Saturday	104		1:15 PM
Women 65-69	Shot Put	Saturday	118	3 K	2:00 PM
Women 65-69	50 Meter Dash	Saturday	101		2:00 PM
Women 65-69	800 Meter Run	Saturday	105		3:00 PM
Women 65-69	200 Meter Run	Saturday	103		3:45 PM

Division	Event	Day	Event #	Information	Time
Women 70-74	Long Jump	Saturday	115		7:30 AM
Women 70-74	3000 Meter Run	Saturday	117		7:50 AM
Women 70-74	Pole Vault	Saturday	21		8:00 AM
Women 70-74	Triple Jump	Saturday	116		8:15 AM
Women 70-74	80 Meter Hurdles	Saturday	108	27"(30")	8:30 AM
Women 70-74	1500 Meter Run	Saturday	106		10:00 AM
Women 70-74	High Jump	Saturday	120		10:30 AM
Women 70-74	Javelin	Saturday	119	500 Gram	10:45 AM
Women 70-74	100 Meter Dash	Saturday	102		11:30 AM
Women 70-74	Discus	Saturday	117	1.0 k	12:00 PM
Women 70-74	400 Meter Dash	Saturday	104		1:15 PM
Women 70-74	Shot Put	Saturday	118	3 K	2:00 PM
Women 70-74	50 Meter Dash	Saturday	101		2:00 PM
Women 70-74	800 Meter Run	Saturday	105		3:00 PM
Women 70-74	200 Meter Run	Saturday	103		3:45 PM

Division	Event	Day	Event #	Information	Time
Women 75-79	Long Jump	Saturday	115		7:30 AM
Women 75-79	3000 Meter Run	Saturday	117		7:50 AM
Women 75-79	Pole Vault	Saturday	21		8:00 AM
Women 75-79	Triple Jump	Saturday	116		8:15 AM
Women 75-79	80 Meter Hurdles	Saturday	108	27"(30")	8:30 AM
Women 75-79	1500 Meter Run	Saturday	106		10:00 AM
Women 75-79	High Jump	Saturday	120		10:30 AM
Women 75-79	Javelin	Saturday	119	500 Gram	10:45 AM
Women 75-79	100 Meter Dash	Saturday	102		11:30 AM
Women 75-79	Discus	Saturday	117	1.0 k	12:00 PM
Women 75-79	400 Meter Dash	Saturday	104		1:15 PM
Women 75-79	Shot Put	Saturday	118	3 K	2:00 PM
Women 75-79	50 Meter Dash	Saturday	101		2:00 PM
Women 75-79	800 Meter Run	Saturday	105		3:00 PM
Women 75-79	200 Meter Run	Saturday	103		3:45 PM

Division	Event	Day	Event #	Information	Time
Women 80-84	Long Jump	Saturday	115		7:30 AM
Women 80-84	3000 Meter Run	Saturday	117		7:50 AM
Women 80-84	Pole Vault	Saturday	21		8:00 AM
Women 80-84	Triple Jump	Saturday	116		8:15 AM
Women 80-84	80 Meter Hurdles	Saturday	108	27"(30")	8:30 AM
Women 80-84	1500 Meter Run	Saturday	106		10:00 AM
Women 80-84	High Jump	Saturday	120		10:30 AM
Women 80-84	Javelin	Saturday	119	500 Gram	10:45 AM
Women 80-84	100 Meter Dash	Saturday	102		11:30 AM
Women 80-84	Discus	Saturday	117	1.0k	12:00 PM
Women 80-84	400 Meter Dash	Saturday	104		1:15 PM
Women 80-84	Shot Put	Saturday	118	3 K	2:00 PM
Women 80-84	50 Meter Dash	Saturday	101		2:00 PM
Women 80-84	800 Meter Run	Saturday	105		3:00 PM
Women 80-84	200 Meter Run	Saturday	103		3:45 PM

Division	Event	Day	Event #	Information	Time
Women 85-89	Long Jump	Saturday	115		7:30 AM
Women 85-89	3000 Meter Run	Saturday	117		7:50 AM
Women 85-89	Pole Vault	Saturday	21		8:00 AM
Women 85-89	Triple Jump	Saturday	116		8:15 AM
Women 85-89	80 Meter Hurdles	Saturday	108	27"(30")	8:30 AM
Women 85-89	1500 Meter Run	Saturday	106		10:00 AM
Women 85-89	High Jump	Saturday	120		10:30 AM
Women 85-89	Javelin	Saturday	119	400 Gram	10:45 AM
Women 85-89	100 Meter Dash	Saturday	102		11:30 AM
Women 85-89	Discus	Saturday	117	.75 k	12:00 PM
Women 85-89	400 Meter Dash	Saturday	104		1:15 PM
Women 85-89	Shot Put	Saturday	118	3 K	2:00 PM
Women 85-89	50 Meter Dash	Saturday	101		2:00 PM
Women 85-89	800 Meter Run	Saturday	105		3:00 PM
Women 85-89	200 Meter Run	Saturday	103		3:45 PM

Division	Event	Day	Event #	Information	Time
Women over 90	Long Jump	Saturday	115		7:30 AM
Women Over 90	3000 Meter Run	Saturday	117		7:50 AM
Women Over 90	Pole Vault	Saturday	21		8:00 AM
Women over 90	Triple Jump	Saturday	116		8:15 AM
Women Over 90	80 Meter Hurdles	Saturday	108	27"(30")	8:30 AM
Women Over 90	1500 Meter Run	Saturday	106		10:00 AM
Women over 90	High Jump	Saturday	120		10:30 AM
Women Over 90	Javelin	Saturday	119	400 Gram	10:45 AM
Women Over 90	100 Meter Dash	Saturday	102		11:30 AM
Women Over 90	Discus	Saturday	117	.75 k	12:00 PM
Women Over 90	400 Meter Dash	Saturday	104		1:15 PM
Women Over 90	Shot Put	Saturday	118	2k	2:00 PM
Women Over 90	50 Meter Dash	Saturday	101		2:00 PM
Women Over 90	800 Meter Run	Saturday	105		3:00 PM
Women Over 90	200 Meter Run	Saturday	103		3:45 PM

Division	Event	Day	Event #	Information	Time
Family	4x100 Relay	Saturday	213		1:45 PM
Women 49 Under	4x100 Relay	Saturday	113		1:50 PM
Women 50 Older	4x100 Relay	Saturday	113		1:50 PM

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.

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 SportFest and the Opening Ceremonies!

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

For pricing and dates, please check the Masters Track & Field web page.

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 Track & Field Director Alex Czeranko at aczeran@lps.org.

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