

# Track & Field – Youth



*Register online at [CornhuskerStateGames.com](http://CornhuskerStateGames.com)*

**SPONSORED BY:**

## GENERAL INFORMATION

**DATE:** Saturday, July 18, 2020

**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:** All pole vault events will take place at Lincoln High. Jumping times are listed below in the complete event details.

**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, 2020 for all divisions except 17-18 Years.

Age determined as of July 18, 2020 for athletes registered in the 17-18 Years division per USATF rules.

Any athlete with a birthday on or before July 18, 2001 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. All family members will receive a commemorative medal for the FAMILY RELAY ONLY. Must be registered for 1 event to compete.

**VOLUNTEERS:** Volunteers are needed for the Cornhusker State Games Track & Field event. Those interested should contact volunteer coordinator Kevin James at [kjames@lps.org](mailto: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.

**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. In addition, the overall fastest relay team will win **MORRISON FAMILY AWARD BATON**.

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. Those interested in walking in the 2019 Games are encouraged to register for any of three walking events - CSG Walk (Outdoor Lincoln, July 25); Mallwalk (Indoor Lincoln, July 19); WalkOmaha (Outdoor Omaha, July 26) - at [CornhuskerStateGames.com](http://CornhuskerStateGames.com).

The updated time format for 2020 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 registered numbers. A FINAL schedule and heat sheet will be posted at [CornhuskerStateGames.com](http://CornhuskerStateGames.com) and emailed to participants the week of competition by Wednesday July 15<sup>th</sup> 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 to be there at least an **HOUR** before your race.

Division	Event	Day	Event #	Information	Time
Boys 3-4	50 Meter Dash	Saturday	1		1:40 PM
Boys 3-4	Long Jump	Saturday	15		12:15 PM
Boys 3-4	Javelin	Saturday	19	Turbo	3:00 PM

Division	Event	Day	Event #	Information	Time
Boys 5-6	Long Jump	Saturday	15		1:45 PM
Boys 5-6	50 Meter Dash	Saturday	1		1:40 PM
Boys 5-6	Javelin	Saturday	19	Turbo	3:00 PM

Division	Event	Day	Event #	Information	Time
Boys 7-8	1500 Meter Run	Saturday	6		8:50 AM
Boys 7-8	100 Meter Dash	Saturday	2		9:40 AM
Boys 7-8	Long Jump	Saturday	15		10:45 AM
Boys 7-8	Shot Put	Saturday	18	2 K	11:15 AM
Boys 7-8	400 Meter Dash	Saturday	4		11:20 AM
Boys 7-8	High Jump	Saturday	20		11:45 AM
Boys 7-8	4x100 Relay	Saturday	13		1:05 PM
Boys 7-8	Javelin	Saturday	19	Turbo	2:15 PM
Boys 7-8	800 Meter Run	Saturday	5		2:10 PM
Boys 7-8	200 Meter Run	Saturday	3		2:40 PM

Division	Event	Day	Event #	Information	Time
Boys 9-10	1500 Meter Run	Saturday	6		8:50 AM
Boys 9-10	Long Jump	Saturday	15		9:45 AM
Boys 9-10	100 Meter Dash	Saturday	2		9:40 AM
Boys 9-10	Shot Put	Saturday	18	6 LB	12:00 PM
Boys 9-10	400 Meter Dash	Saturday	4		11:20 AM
Boys 9-10	Javelin	Saturday	19	Turbo	12:45 PM
Boys 9-10	High Jump	Saturday	20		11:45 AM
Boys 9-10	4x100 Relay	Saturday	13		1:05 PM
Boys 9-10	800 Meter Run	Saturday	5		2:10 PM
Boys 9-10	200 Meter Run	Saturday	3		2:40 PM

Division	Event	Day	Event #	Information	Time
Boys 11-12	Discus	Saturday	17	1.0 k	7:30 AM
Boys 11-12	3000 Meter Run	Saturday	7		7:30 AM
Boys 11-12	80 Meter Hurdles	Saturday	8	30"	8:15 AM
Boys 11-12	1500 Meter Run	Saturday	6		8:50 AM
Boys 11-12	Shot Put	Saturday	18	6 LB	9:45 AM
Boys 11-12	100 Meter Dash	Saturday	2		9:40 AM
Boys 11-12	400 Meter Dash	Saturday	4		11:20 AM
Boys 11-12	Long Jump	Saturday	15		12:00 PM
Boys 11-12	Javelin	Saturday	19	Turbo	12:45 PM
Boys 11-12	High Jump	Saturday	20		11:45 AM
Boys 11-12	4x100 Relay	Saturday	13		1:05 PM
Boys 11-12	800 Meter Run	Saturday	5		2:10 PM
Boys 11-12	200 Meter Run	Saturday	3		2:40 PM

<b>Division</b>	<b>Event</b>	<b>Day</b>	<b>Event #</b>	<b>Information</b>	<b>Time</b>
Boys 13-14	Discus	Saturday	17	1.0 k	7:30 AM
Boys 13-14	3000 Meter Run	Saturday	7		7:30 AM
Boys 13-14	Pole Vault	Saturday	21		8:00 AM
Boys 13-14	100 Meter Hurdles	Saturday	9	33"	8:30 AM
Boys 13-14	Shot Put	Saturday	18	4 K	9:00 AM
Boys 13-14	1500 Meter Run	Saturday	6		8:50 AM
Boys 13-14	Triple Jump	Saturday	16		10:00 AM
Boys 13-14	Javelin	Saturday	19	600 Gram	9:45 AM
Boys 13-14	100 Meter Dash	Saturday	2		9:40 AM
Boys 13-14	Long Jump	Saturday	15		12:00 PM
Boys 13-14	400 Meter Dash	Saturday	4		11:20 AM
Boys 13-14	4x100 Relay	Saturday	13		1:02 PM
Boys 13-14	High Jump	Saturday	20		12:45 PM
Boys 13-14	800 Meter Run	Saturday	5		2:10 PM
Boys 13-14	200 Meter Run	Saturday	3		2:40 PM

<b>Division</b>	<b>Event</b>	<b>Day</b>	<b>Event #</b>	<b>Information</b>	<b>Time</b>
Boys 15-16	Shot Put	Saturday	18	12 LB	7:30 AM
Boys 15-16	3000 Meter Run	Saturday	7		7:30 AM
Boys 15-16	Pole Vault	Saturday	21		8:00 AM
Boys 15-16	Javelin	Saturday	19	800 Gram	8:15 AM
Boys 15-16	110 Meter Hurdles	Saturday	10	39"	8:30 AM
Boys 15-16	1500 Meter Run	Saturday	6		8:50 AM
Boys 15-16	Triple Jump	Saturday	16		10:00 AM
Boys 15-16	Discus	Saturday	17	1.6 k	9:45 AM
Boys 15-16	100 Meter Dash	Saturday	2		9:40 AM
Boys 15-16	400 Meter Dash	Saturday	4		11:20 AM
Boys 15-16	4x100 Relay	Saturday	13		1:05 PM
Boys 15-16	High Jump	Saturday	20		12:45 PM
Boys 15-16	Long Jump	Saturday	15		1:30 PM
Boys 15-16	200 Meter Run	Saturday	3		2:40 PM

<b>Division</b>	<b>Event</b>	<b>Day</b>	<b>Event #</b>	<b>Information</b>	<b>Time</b>
Boys 17-18	Shot Put	Saturday	18	12 LB	7:30 AM
Boys 17-18	3000 Meter Run	Saturday	7		7:30 AM
Boys 17-18	Javelin	Saturday	19	800 Gram	8:15 AM
Boys 17-18	110 Meter Hurdles	Saturday	10	39"	8:30 AM
Boys 17-18	1500 Meter Run	Saturday	6		8:50 AM
Boys 17-18	Triple Jump	Saturday	16		10:00 AM
Boys 17-18	Discus	Saturday	17	1.6 k	9:45 AM
Boys 17-18	100 Meter Dash	Saturday	2		9:40 AM
Boys 17-18	Pole Vault	Saturday	121		11:30 AM
Boys 17-18	400 Meter Dash	Saturday	4		11:20 AM
Boys 17-18	4x100 Relay	Saturday	13		1:05 PM
Boys 17-18	High Jump	Saturday	20		12:45 PM
Boys 17-18	Long Jump	Saturday	15		1:30 PM
Boys 17-18	200 Meter Run	Saturday	3		2:40 PM

<b>Division</b>	<b>Event</b>	<b>Day</b>	<b>Event #</b>	<b>Information</b>	<b>Time</b>
Family	4x100 Relay	Saturday	213		1:10 PM

<b>Division</b>	<b>Event</b>	<b>Day</b>	<b>Event #</b>	<b>Information</b>	<b>Time</b>
Girls 3-4	Long Jump	Saturday	15		11:30 AM
Girls 3-4	50 Meter Dash	Saturday	1		1:40 PM
Girls 3-4	Javelin	Saturday	19	Turbo	3:00 PM

<b>Division</b>	<b>Event</b>	<b>Day</b>	<b>Event #</b>	<b>Information</b>	<b>Time</b>
Girls 5-6	Long Jump	Saturday	15		1:00 PM
Girls 5-6	50 Meter Dash	Saturday	1		1:40 PM
Girls 5-6	Javelin	Saturday	19	Turbo	3:00 PM

<b>Division</b>	<b>Event</b>	<b>Day</b>	<b>Event #</b>	<b>Information</b>	<b>Time</b>
Girls 7-8	1500 Meter Run	Saturday	6		8:50 AM
Girls 7-8	100 Meter Dash	Saturday	2		9:40 AM
Girls 7-8	High Jump	Saturday	20		10:00 AM
Girls 7-8	Shot Put	Saturday	18	2 K	11:15 AM
Girls 7-8	400 Meter Dash	Saturday	4		11:20 PM
Girls 7-8	4x100 Relay	Saturday	13		1:05 PM
Girls 7-8	Javelin	Saturday	19	Turbo	2:15 PM
Girls 7-8	800 Meter Run	Saturday	5		2:10 PM
Girls 7-8	Long Jump	Saturday	15		2:30 PM
Girls 7-8	200 Meter Run	Saturday	3		2:40 PM

<b>Division</b>	<b>Event</b>	<b>Day</b>	<b>Event #</b>	<b>Information</b>	<b>Time</b>
Girls 9-10	1500 Meter Run	Saturday	6		8:50 AM
Girls 9-10	100 Meter Dash	Saturday	2		9:40 AM
Girls 9-10	High Jump	Saturday	20		10:00 AM
Girls 9-10	Long Jump	Saturday	15		10:30 AM
Girls 9-10	Shot Put	Saturday	18	6 LB	12:00 PM
Girls 9-10	400 Meter Dash	Saturday	4		11:20 AM
Girls 9-10	4x100 Relay	Saturday	13		1:05 PM
Girls 9-10	Javelin	Saturday	19	Turbo	1:30 PM
Girls 9-10	800 Meter Run	Saturday	5		2:10 PM
Girls 9-10	200 Meter Run	Saturday	3		2:40 PM

<b>Division</b>	<b>Event</b>	<b>Day</b>	<b>Event #</b>	<b>Information</b>	<b>Time</b>
Girls 11-12	3000 Meter Run	Saturday	7		7:30 AM
Girls 11-12	Discus	Saturday	17	1.0 k	8:15 AM
Girls 11-12	80 Meter Hurdles	Saturday	8	30"	8:15 AM
Girls 11-12	1500 Meter Run	Saturday	6		8:50 AM
Girls 11-12	Shot Put	Saturday	18	6 LB	9:45 AM
Girls 11-12	100 Meter Dash	Saturday	2		9:40 AM
Girls 11-12	High Jump	Saturday	20		10:00 AM
Girls 11-12	Long Jump	Saturday	15		11:15 AM
Girls 11-12	400 Meter Dash	Saturday	4		11:20 AM
Girls 11-12	Javelin	Saturday	19	Turbo	1:30 PM
Girls 11-12	4x100 Relay	Saturday	13		1:05 PM
Girls 11-12	800 Meter Run	Saturday	5		2:10 PM
Girls 11-12	200 Meter Run	Saturday	3		2:40 PM

<b>Division</b>	<b>Event</b>	<b>Day</b>	<b>Event #</b>	<b>Information</b>	<b>Time</b>
Girls 13-14	3000 Meter Run	Saturday	7		7:30 AM
Girls 13-14	Pole Vault	Saturday	21		8:00 AM
Girls 13-14	Discus	Saturday	17	1.0 k	8:15 AM
Girls 13-14	100 Meter Hurdles	Saturday	9	30"	8:15 AM
Girls 13-14	Triple Jump	Saturday	16		9:00 AM
Girls 13-14	1500 Meter Run	Saturday	6		8:50 AM
Girls 13-14	Javelin	Saturday	19	600 Gram	9:45 AM
Girls 13-14	Shot Put	Saturday	18	6 LB	10:30 AM
Girls 13-14	100 Meter Dash	Saturday	2		9:40 AM
Girls 13-14	High Jump	Saturday	20		10:45 PM
Girls 13-14	400 Meter Dash	Saturday	4		11:20 AM
Girls 13-14	4x100 Relay	Saturday	13		1:05 PM
Girls 13-14	Long Jump	Saturday	15		12:45 PM
Girls 13-14	800 Meter Run	Saturday	5		2:10 PM
Girls 13-14	200 Meter Run	Saturday	3		2:40 PM

<b>Division</b>	<b>Event</b>	<b>Day</b>	<b>Event #</b>	<b>Information</b>	<b>Time</b>
Girls 15-16	Javelin	Saturday	19	600 Gram	7:30 AM
Girls 15-16	3000 Meter Run	Saturday	7		7:30 AM
Girls 15-16	Pole Vault	Saturday	21		8:00 AM
Girls 15-16	Shot Put	Saturday	18	4 K	8:15 AM
Girls 15-16	Triple Jump	Saturday	16		9:00 AM
Girls 15-16	100 Meter Hurdles	Saturday	9	33"	8:30 AM
Girls 15-16	Discus	Saturday	17	1.0 k	9:00 AM
Girls 15-16	1500 Meter Run	Saturday	6		8:50 AM
Girls 15-16	100 Meter Dash	Saturday	2		9:40 AM
Girls 15-16	High Jump	Saturday	20		10:45 AM
Girls 15-16	400 Meter Dash	Saturday	4		11:20 AM
Girls 15-16	4x100 Relay	Saturday	13		1:05 PM
Girls 15-16	800 Meter Run	Saturday	5		2:10 PM
Girls 15-16	200 Meter Run	Saturday	3		2:40 PM
Girls 15-16	Long Jump	Saturday	15		2:15 PM

<b>Division</b>	<b>Event</b>	<b>Day</b>	<b>Event #</b>	<b>Information</b>	<b>Time</b>
Girls 17-18	Javelin	Saturday	19	600 Gram	7:30 AM
Girls 17-18	3000 Meter Run	Saturday	7		7:30 AM
Girls 17-18	Pole Vault	Saturday	21		8:00 AM
Girls 17-18	Shot Put	Saturday	18	4 K	8:15 AM
Girls 17-18	Triple Jump	Saturday	16		9:00 AM
Girls 17-18	100 Meter Hurdles	Saturday	9	33"	8:30 AM
Girls 17-18	Discus	Saturday	17	1.0 k	9:00 AM
Girls 17-18	1500 Meter Run	Saturday	6		8:50 AM
Girls 17-18	100 Meter Dash	Saturday	2		9:40 AM
Girls 17-18	High Jump	Saturday	20		10:45 AM
Girls 17-18	400 Meter Dash	Saturday	4		11:20 AM
Girls 17-18	4x100 Relay	Saturday	13		1:05 PM
Girls 17-18	800 Meter Run	Saturday	5		2:10 PM
Girls 17-18	200 Meter Run	Saturday	3		2:40 PM
Girls 17-18	Long Jump	Saturday	15		2:15 PM

<b>Division</b>	<b>Event</b>	<b>Day</b>	<b>Event #</b>	<b>Information</b>	<b>Time</b>
Family	4x100 Relay	Saturday	213		1:10 PM

**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. 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.

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**

**BIB NUMBERS** – Bib Numbers are no longer used in the event. When you arrive 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.

### **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 17!**

Make plans to join us on Friday, July 17 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**

For pricing and dates, please check the Youth Track & Field 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 2020 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](http://CornhuskerStateGames.com) saves time, money and trees.

## **FURTHER INFORMATION**

**Sport Specific Questions:** Contact Track & Field Director Alex Czeranko at [aczeran@lps.org](mailto:aczeran@lps.org).

**Online Registration/Website Questions:** Contact the Cornhusker State Games office at 402-471-2544 or [info@nebraskasportscouncil.com](mailto:info@nebraskasportscouncil.com).