

For updates regarding COVID-19, please refer to the Cornhusker State Games website.

# Aquatics - Open Water Swimming

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

## GENERAL INFORMATION

Sponsored by:

**DATE:** Saturday, July 25, 2020

**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 25, 2020.



## 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](mailto:mcnance@gmail.com).

## **JOIN US AT SPORTFEST AND OPENING CEREMONIES ON JULY 17!**

For more information regarding Sportfest and Opening Ceremonies, please refer to Opening Ceremonies web page.

## **ATHLETE PACKETS & TEAM BOXES**

Due to COVID-19, all athlete packets will be shipped. A shipping fee of \$5 (Individuals) or \$15 (Teams) will be added upon checkout. Packets include athlete shirt and one free Arby's sandwich certificate per person. Athletes will receive their packet prior to competition.

## **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 2020 Cornhusker State Games; White cotton athlete shirt (micro-fiber or soft cotton lightweight tri-blend upgrade available); 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 Open Water Swimming Director Molly Nance at [mcnance@gmail.com](mailto: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](mailto:info@nebraskasportscouncil.com).