

Track & Field – Masters

Register online at CornhuskerStateGames.com



GENERAL INFORMATION

DATE: Saturday, July 18, 2020

SITE: Lincoln High (2229 J. Street, Lincoln)

RULES: 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.

NOTE: Age as of August 1, 2020.

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 and a free lunch on Saturday at the event.

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 2020 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.

The updated time format for 2020 is below.

Running events will follow the schedule below. **A FINAL schedule and heat sheet will be posted the week of competition.**

1500 - 8:00 am to 8:50 am

100 - 8:55 am to 10:15 am

400 - 10:20 am to 11:50 am

800 - 12:20 pm to 12:50 pm

200 - 12:55 pm to 1:55 pm

50 - 2:00 pm to 2:30 pm

Men Triple Jump – 9:30 am

Women Triple Jump – 8:30 am

SPONSORED BY:



LONG JUMP									
Division		Day	Session	Event #	Flight #	2019	JUMPS	PIT	Register
Session 1 East PIT	<u>MASTERS</u>								
Women over 90	Long Jump	Saturday	1	115	1	0	3	EAST	8:00 AM
Women 85-89	Long Jump	Saturday	1	115	1	0	3	EAST	8:00 AM
Women 80-84	Long Jump	Saturday	1	115	1	0	3	EAST	8:00 AM
Women 75-79	Long Jump	Saturday	1	115	1	0	3	EAST	8:00 AM
Women 70-74	Long Jump	Saturday	1	115	1	0	3	EAST	8:00 AM
Women 65-69	Long Jump	Saturday	1	115	1	0	3	EAST	8:00 AM
Women 60-64	Long Jump	Saturday	1	115	1	0	3	EAST	8:00 AM
Women 55-59	Long Jump	Saturday	1	115	1	1	3	EAST	8:00 AM
Women 50-54	Long Jump	Saturday	1	115	1	1	3	EAST	8:00 AM
Women 45-49	Long Jump	Saturday	1	115	1	2	3	EAST	8:00 AM
Women 40-44	Long Jump	Saturday	1	115	1	1	3	EAST	8:00 AM
Women 35-39	Long Jump	Saturday	1	115	1	3	3	EAST	8:00 AM
Women 30-34	Long Jump	Saturday	1	115	1	0	3	EAST	8:00 AM
Women 19-29	Long Jump	Saturday	1	115	1	2	3	EAST	8:00 AM
Session 1 East PIT	<u>MASTERS</u>								
Men Over 90	Long Jump	Saturday	1	115	2	0	3	EAST	8:30 AM
Men 85-89	Long Jump	Saturday	1	115	2	0	3	EAST	8:30 AM
Men 80-84	Long Jump	Saturday	1	115	2	1	3	EAST	8:30 AM
Men 75-79	Long Jump	Saturday	1	115	2	1	3	EAST	8:30 AM
Men 70-74	Long Jump	Saturday	1	115	2	2	3	EAST	8:30 AM
Men 65-69	Long Jump	Saturday	1	115	2	1	3	EAST	8:30 AM
Men 60-64	Long Jump	Saturday	1	115	2	0	3	EAST	8:30 AM

Men 55-59	Long Jump	Saturday	1	115	2	3	3	EAST	8:30 AM
Men 50-54	Long Jump	Saturday	1	115	2	1	3	EAST	8:30 AM
Men 45-49	Long Jump	Saturday	1	115	2	4	3	EAST	8:30 AM
Men 40-44	Long Jump	Saturday	1	115	3	1	3	EAST	9:00 AM
Men 35-39	Long Jump	Saturday	1	115	3	0	3	EAST	9:00 AM
Men 30-34	Long Jump	Saturday	1	115	3	1	3	EAST	9:00 AM
Men 19-29	Long Jump	Saturday	1	115	3	3	3	EAST	9:00 AM

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 15th 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.

JUMP 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 early or late. COMMUNICATION IS THE BEST.

Three jumps. No finals.

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.

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 FOR OPENING CEREMONIES ON JULY 17!

Please refer to our website for updated Virtual Opening Ceremonies.

REGISTRATION FEES & DEADLINES

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

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 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.