

# Track & Field – Masters

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



## GENERAL INFORMATION

SPONSORED BY:



**DATE:** Saturday, July 16, 2022

**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, 2022.

**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.

**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 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.

The updated time format for 2022 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 14<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 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     |             | 7:45 AM  |
| Men 19-29 | High Jump         | Saturday | 120     |             | 8:00 AM  |
| Men 19-29 | Long Jump         | Saturday | 115     |             | 9:00 AM  |
| Men 19-29 | 110 Meter Hurdles | Saturday | 110     | 42"         | 8:30 AM  |
| Men 19-29 | 1500 Meter Run    | Saturday | 106     |             | 9:20 AM  |
| Men 19-29 | Pole Vault        | Saturday | 121     |             | 11:30 AM |
| Men 19-29 | 100 Meter Dash    | Saturday | 102     |             | 10:35 AM |
| Men 19-29 | Javelin           | Saturday | 119     | 800 Gram    | 12:00 PM |
| Men 19-29 | Shot Put          | Saturday | 118     | 16 LB       | 12:45 PM |
| Men 19-29 | 400 Meter Dash    | Saturday | 104     |             | 12:15 PM |
| Men 19-29 | 800 Meter Run     | Saturday | 105     |             | 2:25 PM  |
| Men 19-29 | Discus            | Saturday | 117     | 2.0 k       | 2:15 PM  |
| Men 19-29 | 200 Meter Run     | Saturday | 103     |             | 3:10 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     |             | 7:45 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     |             | 9:00 AM  |
| Men 30-34 | 110 Meter Hurdles | Saturday | 110     | 39"         | 8:30 AM  |
| Men 30-34 | 1500 Meter Run    | Saturday | 106     |             | 9:20 AM  |
| Men 30-34 | 100 Meter Dash    | Saturday | 102     |             | 10:35 AM |
| Men 30-34 | Javelin           | Saturday | 119     | 800 Gram    | 12:00 PM |
| Men 30-34 | Shot Put          | Saturday | 118     | 16 LB       | 12:45 PM |
| Men 30-34 | 400 Meter Dash    | Saturday | 104     |             | 12:15 PM |
| Men 30-34 | 800 Meter Run     | Saturday | 105     |             | 2:25 PM  |
| Men 30-34 | Discus            | Saturday | 117     | 2.0 k       | 2:15 PM  |
| Men 30-34 | 200 Meter Run     | Saturday | 103     |             | 3:10 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     |             | 7:45 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     |             | 9:00 AM  |
| Men 35-39 | 110 Meter Hurdles | Saturday | 110     | 39"         | 8:30 AM  |
| Men 35-39 | 1500 Meter Run    | Saturday | 106     |             | 9:20 AM  |
| Men 35-39 | 100 Meter Dash    | Saturday | 102     |             | 10:35 AM |
| Men 35-39 | Javelin           | Saturday | 119     | 800 Gram    | 12:00 PM |
| Men 35-39 | Shot Put          | Saturday | 118     | 16 LB       | 12:45 PM |
| Men 35-39 | 400 Meter Dash    | Saturday | 104     |             | 12:15 PM |
| Men 35-39 | 800 Meter Run     | Saturday | 105     |             | 2:25 PM  |
| Men 35-39 | Discus            | Saturday | 117     | 2.0 k       | 2:15 PM  |
| Men 35-39 | 200 Meter Run     | Saturday | 103     |             | 3:10 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     |             | 7:45 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     |             | 9:00 AM  |
| Men 40-44 | 110 Meter Hurdles | Saturday | 110     | 39"         | 8:30 AM  |
| Men 80-84 | 1500 Meter Run    | Saturday | 106     |             | 9:20 AM  |
| Men 40-44 | 100 Meter Dash    | Saturday | 102     |             | 10:35 AM |
| Men 40-44 | Javelin           | Saturday | 119     | 800 Gram    | 12:00 PM |
| Men 40-44 | Shot Put          | Saturday | 118     | 16 LB       | 12:45 PM |
| Men 40-44 | 400 Meter Dash    | Saturday | 104     |             | 12:15 PM |
| Men 40-44 | 800 Meter Run     | Saturday | 105     |             | 2:25 PM  |
| Men 40-44 | Discus            | Saturday | 117     | 2.0 k       | 1:30 PM  |
| Men 40-44 | 200 Meter Run     | Saturday | 103     |             | 3:10 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     |             | 7:45 AM  |
| Men 45-49 | High Jump         | Saturday | 120     |             | 8:00 AM  |
| Men 45-49 | Long Jump         | Saturday | 115     |             | 8:15 AM  |
| Men 45-49 | 110 Meter Hurdles | Saturday | 110     | 39"         | 8:30 AM  |
| Men 45-49 | 1500 Meter Run    | Saturday | 106     |             | 9:20 AM  |
| Men 45-49 | 100 Meter Dash    | Saturday | 102     |             | 10:35 AM |
| Men 45-49 | Javelin           | Saturday | 119     | 800 Gram    | 12:00 PM |
| Men 45-49 | Shot Put          | Saturday | 118     | 16 LB       | 12:45 PM |
| Men 45-49 | 400 Meter Dash    | Saturday | 104     |             | 12:15 PM |
| Men 45-49 | 800 Meter Run     | Saturday | 105     |             | 2:25 PM  |
| Men 45-49 | Discus            | Saturday | 117     | 2.0 k       | 1:30 PM  |
| Men 45-49 | 200 Meter Run     | Saturday | 103     |             | 3:10 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     |             | 7:45 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     |             | 8:15 AM  |
| Men 50-54 | 100 Meter Hurdles | Saturday | 109     | 36"         | 8:30 AM  |
| Men 50-54 | Javelin           | Saturday | 119     | 700 Gram    | 9:00 AM  |
| Men 50-54 | 1500 Meter Run    | Saturday | 106     |             | 9:20 AM  |
| Men 50-54 | 100 Meter Dash    | Saturday | 102     |             | 10:35 AM |
| Men 50-54 | 400 Meter Dash    | Saturday | 104     |             | 12:15 PM |
| Men 50-54 | Discus            | Saturday | 117     | 1.5 k       | 12:45 PM |
| Men 50-54 | 800 Meter Run     | Saturday | 105     |             | 2:25 PM  |
| Men 50-54 | Shot Put          | Saturday | 118     | 6k          | 2:45 PM  |
| Men 50-54 | 200 Meter Run     | Saturday | 103     |             | 3:10 PM  |

| <b>Division</b> | <b>Event</b>      | <b>Day</b> | <b>Event #</b> | <b>Information</b> | <b>Time</b> |
|-----------------|-------------------|------------|----------------|--------------------|-------------|
| Men 55-59       | Triple Jump       | Saturday   | 116            |                    | 7:30 AM     |
| Men 55-59       | 3000 Meter Run    | Saturday   | 117            |                    | 7:45 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            |                    | 8:15 AM     |
| Men 55-59       | 100 Meter Hurdles | Saturday   | 109            | 36"                | 8:30 AM     |
| Men 55-59       | Javelin           | Saturday   | 119            | 700 Gram           | 9:00 AM     |
| Men 55-59       | 1500 Meter Run    | Saturday   | 106            |                    | 9:20 AM     |
| Men 55-59       | 100 Meter Dash    | Saturday   | 102            |                    | 10:35 AM    |
| Men 55-59       | 400 Meter Dash    | Saturday   | 104            |                    | 12:15 PM    |
| Men 55-59       | Discus            | Saturday   | 117            | 1.5 k              | 12:45 PM    |
| Men 55-59       | 800 Meter Run     | Saturday   | 105            |                    | 2:25 PM     |
| Men 55-59       | Shot Put          | Saturday   | 118            | 6k                 | 3:45 PM     |
| Men 55-59       | 200 Meter Run     | Saturday   | 103            |                    | 3:10 PM     |

| <b>Division</b> | <b>Event</b>      | <b>Day</b> | <b>Event #</b> | <b>Information</b> | <b>Time</b> |
|-----------------|-------------------|------------|----------------|--------------------|-------------|
| Men 60-64       | Triple Jump       | Saturday   | 116            |                    | 7:30 AM     |
| Men 60-64       | 3000 Meter Run    | Saturday   | 117            |                    | 7:45 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            |                    | 8:15 AM     |
| Men 60-64       | 100 Meter Hurdles | Saturday   | 109            | 33"                | 8:15 AM     |
| Men 60-64       | Javelin           | Saturday   | 119            | 600 Gram           | 9:00 AM     |
| Men 60-64       | 1500 Meter Run    | Saturday   | 106            |                    | 9:20 AM     |
| Men 60-64       | 100 Meter Dash    | Saturday   | 102            |                    | 10:35 AM    |
| Men 60-64       | Discus            | Saturday   | 117            | 1.0 k              | 12:00 PM    |
| Men 60-64       | 400 Meter Dash    | Saturday   | 104            |                    | 12:15 PM    |
| Men 60-64       | 50 Meter Dash     | Saturday   | 101            |                    | 1:30 PM     |
| Men 60-64       | 800 Meter Run     | Saturday   | 105            |                    | 2:25 PM     |
| Men 60-64       | 200 Meter Run     | Saturday   | 103            |                    | 3:10 PM     |
| Men 60-64       | Shot Put          | Saturday   | 118            | 5 K                | 3:45 PM     |

| <b>Division</b> | <b>Event</b>      | <b>Day</b> | <b>Event #</b> | <b>Information</b> | <b>Time</b> |
|-----------------|-------------------|------------|----------------|--------------------|-------------|
| Men 65-69       | Triple Jump       | Saturday   | 116            |                    | 7:30 AM     |
| Men 65-69       | 3000 Meter Run    | Saturday   | 117            |                    | 7:45 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            |                    | 8:15 AM     |
| Men 65-69       | 100 Meter Hurdles | Saturday   | 109            | 33"                | 8:15 AM     |
| Men 65-69       | Javelin           | Saturday   | 119            | 600 Gram           | 9:00 AM     |
| Men 65-69       | 1500 Meter Run    | Saturday   | 106            |                    | 9:20 AM     |
| Men 65-69       | 100 Meter Dash    | Saturday   | 102            |                    | 10:35 AM    |
| Men 65-69       | 400 Meter Dash    | Saturday   | 104            |                    | 12:15 PM    |
| Men 65-69       | Discus            | Saturday   | 117            | 1.0 k              | 12:00 PM    |
| Men 65-69       | 50 Meter Dash     | Saturday   | 101            |                    | 1:30 PM     |
| Men 65-69       | 800 Meter Run     | Saturday   | 105            |                    | 2:25 PM     |
| Men 65-69       | 200 Meter Run     | Saturday   | 103            |                    | 3:10 PM     |
| Men 65-69       | Shot Put          | Saturday   | 118            | 5 K                | 3:45 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     |             | 7:45 AM  |
| Men 70-74 | High Jump        | Saturday | 120     |             | 8:00 AM  |
| Men 70-74 | Long Jump        | Saturday | 115     |             | 8:15 AM  |
| Men 70-74 | 80 Meter Hurdles | Saturday | 108     | 30"         | 8:15 AM  |
| Men 70-74 | Javelin          | Saturday | 119     | 500 Gram    | 9:00 AM  |
| Men 70-74 | 1500 Meter Run   | Saturday | 106     |             | 9:20 AM  |
| Men 70-74 | 100 Meter Dash   | Saturday | 102     |             | 10:35 AM |
| Men 70-74 | 400 Meter Dash   | Saturday | 104     |             | 12:15 PM |
| Men 70-74 | Discus           | Saturday | 117     | 1.0 k       | 12:00 PM |
| Men 70-74 | 50 Meter Dash    | Saturday | 101     |             | 1:30 PM  |
| Men 70-74 | Shot Put         | Saturday | 118     | 4 K         | 2:15 PM  |
| Men 70-74 | 800 Meter Run    | Saturday | 105     |             | 2:25 PM  |
| Men 70-74 | 200 Meter Run    | Saturday | 103     |             | 3:10 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     |             | 7:45 AM  |
| Men 75-79 | High Jump        | Saturday | 120     |             | 8:00 AM  |
| Men 75-79 | Long Jump        | Saturday | 115     |             | 8:15 AM  |
| Men 75-79 | 80 Meter Hurdles | Saturday | 108     | 30"         | 8:15 AM  |
| Men 75-79 | Javelin          | Saturday | 119     | 500 Gram    | 9:00 AM  |
| Men 75-79 | 1500 Meter Run   | Saturday | 106     |             | 9:20 AM  |
| Men 75-79 | 100 Meter Dash   | Saturday | 102     |             | 10:35 AM |
| Men 75-79 | 400 Meter Dash   | Saturday | 104     |             | 12:15 PM |
| Men 75-79 | Discus           | Saturday | 117     | 1.0 k       | 12:00 PM |
| Men 75-79 | 50 Meter Dash    | Saturday | 101     |             | 1:30 PM  |
| Men 75-79 | Shot Put         | Saturday | 118     | 4 K         | 2:15 PM  |
| Men 75-79 | 800 Meter Run    | Saturday | 105     |             | 2:25 PM  |
| Men 75-79 | 200 Meter Run    | Saturday | 103     |             | 3:10 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     |             | 7:45 AM  |
| Men 80-84 | High Jump        | Saturday | 120     |             | 8:00 AM  |
| Men 80-84 | Long Jump        | Saturday | 115     |             | 8:15 AM  |
| Men 80-84 | 80 Meter Hurdles | Saturday | 108     | 27"(30")    | 8:15 AM  |
| Men 80-84 | Javelin          | Saturday | 119     | 500 Gram    | 9:00 AM  |
| Men 80-84 | 1500 Meter Run   | Saturday | 106     |             | 9:20 AM  |
| Men 80-84 | 100 Meter Dash   | Saturday | 102     |             | 10:35 AM |
| Men 80-84 | 400 Meter Dash   | Saturday | 104     |             | 12:15 PM |
| Men 80-84 | Discus           | Saturday | 117     | 1.0 k       | 12:00 PM |
| Men 80-84 | 50 Meter Dash    | Saturday | 101     |             | 1:30 PM  |
| Men 80-84 | Shot Put         | Saturday | 118     | 4 K         | 2:15 PM  |
| Men 80-84 | 800 Meter Run    | Saturday | 105     |             | 2:25 PM  |
| Men 80-84 | 200 Meter Run    | Saturday | 103     |             | 3:10 PM  |

| Division  | Event            | Day      | Event # | Information | Time     |
|-----------|------------------|----------|---------|-------------|----------|
| 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     |             | 7:45 AM  |
| Men 85-89 | High Jump        | Saturday | 120     |             | 8:00 AM  |
| Men 85-89 | Long Jump        | Saturday | 115     |             | 8:15 AM  |
| Men 85-89 | 80 Meter Hurdles | Saturday | 108     | 27"(30")    | 8:15 AM  |
| Men 85-89 | Javelin          | Saturday | 119     | 500 Gram    | 9:00 AM  |
| Men 85-89 | 1500 Meter Run   | Saturday | 106     |             | 9:20 AM  |
| Men 85-89 | 100 Meter Dash   | Saturday | 102     |             | 10:35 AM |
| Men 85-89 | 400 Meter Dash   | Saturday | 104     |             | 12:15 PM |
| Men 85-89 | Discus           | Saturday | 117     | 1.0 k       | 12:00 PM |
| Men 85-89 | 50 Meter Dash    | Saturday | 101     |             | 1:30 PM  |
| Men 85-89 | Shot Put         | Saturday | 118     | 4 K         | 2:15 PM  |
| Men 85-89 | 800 Meter Run    | Saturday | 105     |             | 2:25 PM  |
| Men 85-89 | 200 Meter Run    | Saturday | 103     |             | 3:10 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     |             | 7:45 AM  |
| Men Over 90 | High Jump        | Saturday | 120     |             | 8:00 AM  |
| Men Over 90 | Long Jump        | Saturday | 115     |             | 8:15 AM  |
| Men Over 90 | 80 Meter Hurdles | Saturday | 108     | 27"(30")    | 8:15 AM  |
| Men Over 90 | Javelin          | Saturday | 119     | 500 Gram    | 9:00 AM  |
| Men Over 90 | 1500 Meter Run   | Saturday | 106     |             | 9:20 AM  |
| Men Over 90 | 100 Meter Dash   | Saturday | 102     |             | 10:35 AM |
| Men Over 90 | 400 Meter Dash   | Saturday | 104     |             | 12:15 PM |
| Men over 90 | Discus           | Saturday | 117     | 1.0 k       | 12:00 PM |
| Men Over 90 | 50 Meter Dash    | Saturday | 101     |             | 1:30 PM  |
| Men Over 90 | Shot Put         | Saturday | 118     | 4 K         | 2:15 PM  |
| Men Over 90 | 800 Meter Run    | Saturday | 105     |             | 2:25 PM  |
| Men Over 90 | 200 Meter Run    | Saturday | 103     |             | 3:10 PM  |

| Division     | Event       | Day      | Event # | Information | Time    |
|--------------|-------------|----------|---------|-------------|---------|
| Family       | 4x100 Relay | Saturday | 213     |             | 1:10 PM |
| Men 49 Under | 4x100 Relay | Saturday | 113     |             | 1:25 PM |
| Men 50 Older | 4x100 Relay | Saturday | 113     |             | 1:25 PM |

| <b>Division</b> | <b>Event</b>      | <b>Day</b> | <b>Event #</b> | <b>Information</b> | <b>Time</b> |
|-----------------|-------------------|------------|----------------|--------------------|-------------|
| Women 19-29     | Long Jump         | Saturday   | 115            |                    | 7:30 AM     |
| Women 19-29     | 3000 Meter Run    | Saturday   | 117            |                    | 7:45 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"                | 8:30 AM     |
| Women 19-29     | 1500 Meter Run    | Saturday   | 106            |                    | 9:20 AM     |
| Women 19-29     | High Jump         | Saturday   | 120            |                    | 9:15 AM     |
| Women 19-29     | Javelin           | Saturday   | 119            | 600 Gram           | 11:15 AM    |
| Women 19-29     | 100 Meter Dash    | Saturday   | 102            |                    | 10:35 AM    |
| Women 19-29     | Discus            | Saturday   | 117            | 1.0 k              | 10:30 AM    |
| Women 19-29     | 400 Meter Dash    | Saturday   | 104            |                    | 12:15 PM    |
| Women 19-29     | 800 Meter Run     | Saturday   | 105            |                    | 2:25 PM     |
| Women 19-29     | Shot Put          | Saturday   | 118            | 4 K                | 3:00 PM     |
| Women 19-29     | 200 Meter Run     | Saturday   | 103            |                    | 3:10 PM     |

| <b>Division</b> | <b>Event</b>      | <b>Day</b> | <b>Event #</b> | <b>Information</b> | <b>Time</b> |
|-----------------|-------------------|------------|----------------|--------------------|-------------|
| Women 30-34     | Long Jump         | Saturday   | 115            |                    | 7:30 AM     |
| Women 30-34     | 3000 Meter Run    | Saturday   | 117            |                    | 7:45 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"                | 8:30 AM     |
| Women 30-34     | 1500 Meter Run    | Saturday   | 106            |                    | 9:20 AM     |
| Women 30-34     | High Jump         | Saturday   | 120            |                    | 9:15 AM     |
| Women 30-34     | Javelin           | Saturday   | 119            | 600 Gram           | 11:15 AM    |
| Women 30-34     | 100 Meter Dash    | Saturday   | 102            |                    | 10:35 AM    |
| Women 30-34     | Discus            | Saturday   | 117            | 1.0 k              | 10:30 AM    |
| Women 30-34     | 400 Meter Dash    | Saturday   | 104            |                    | 12:15 PM    |
| Women 30-34     | 800 Meter Run     | Saturday   | 105            |                    | 2:25 PM     |
| Women 30-34     | Shot Put          | Saturday   | 118            | 4 K                | 3:00 PM     |
| Women 30-34     | 200 Meter Run     | Saturday   | 103            |                    | 3:10 PM     |

| <b>Division</b> | <b>Event</b>      | <b>Day</b> | <b>Event #</b> | <b>Information</b> | <b>Time</b> |
|-----------------|-------------------|------------|----------------|--------------------|-------------|
| Women 35-39     | Long Jump         | Saturday   | 115            |                    | 7:30 AM     |
| Women 35-39     | 3000 Meter Run    | Saturday   | 117            |                    | 7:45 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"                | 8:30 AM     |
| Women 35-39     | 1500 Meter Run    | Saturday   | 106            |                    | 9:20 AM     |
| Women 35-39     | High Jump         | Saturday   | 120            |                    | 9:15 AM     |
| Women 35-39     | Javelin           | Saturday   | 110            | 600 Gram           | 11:15 AM    |
| Women 35-39     | 100 Meter Dash    | Saturday   | 102            |                    | 10:35 AM    |
| Women 35-39     | Discus            | Saturday   | 117            | 1.0 k              | 10:30 AM    |
| Women 35-39     | 400 Meter Dash    | Saturday   | 104            |                    | 12:15 PM    |
| Women 35-39     | 800 Meter Dash    | Saturday   | 104            |                    | 2:25 PM     |
| Women 35-39     | Shot Put          | Saturday   | 118            | 4 K                | 3:00 PM     |
| Women 35-39     | 200 Meter Run     | Saturday   | 103            |                    | 3:10 PM     |



| <b>Division</b> | <b>Event</b>     | <b>Day</b> | <b>Event #</b> | <b>Information</b> | <b>Time</b> |
|-----------------|------------------|------------|----------------|--------------------|-------------|
| Women 40-44     | Long Jump        | Saturday   | 115            |                    | 7:30 AM     |
| Women 40-44     | 3000 Meter Run   | Saturday   | 117            |                    | 7:45 AM     |
| Women 40-44     | Pole Vault       | Saturday   | 21             |                    | 8:00 AM     |
| Women 40-44     | 80 Meter Hurdles | Saturday   | 108            | 30"                | 8:15 AM     |
| Women 40-44     | 1500 Meter Run   | Saturday   | 106            |                    | 9:20 AM     |
| Women 40-44     | High Jump        | Saturday   | 120            |                    | 9:15 AM     |
| Women 40-44     | Javelin          | Saturday   | 119            | 600 Gram           | 11:15 AM    |
| Women 40-44     | 100 Meter Dash   | Saturday   | 102            |                    | 10:35 AM    |
| Women 40-44     | Discus           | Saturday   | 117            | 1.0 k              | 10:30 AM    |
| Women 40-44     | 400 Meter Dash   | Saturday   | 104            |                    | 12:15 PM    |
| Women 40-44     | 800 Meter Dash   | Saturday   | 104            |                    | 2:25 PM     |
| Women 40-44     | Shot Put         | Saturday   | 118            | 4 K                | 3:00 PM     |
| Women 40-44     | 200 Meter Run    | Saturday   | 103            |                    | 3:10 PM     |
| Women 40-45     | Triple Jump      | Saturday   | 116            |                    | 8:15 AM     |

| <b>Division</b> | <b>Event</b>     | <b>Day</b> | <b>Event #</b> | <b>Information</b> | <b>Time</b> |
|-----------------|------------------|------------|----------------|--------------------|-------------|
| 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            |                    | 7:45 AM     |
| Women 45-49     | 80 Meter Hurdles | Saturday   | 108            | 30"                | 8:15 AM     |
| Women 45-49     | 1500 Meter Run   | Saturday   | 106            |                    | 9:20 AM     |
| Women 45-49     | High Jump        | Saturday   | 120            |                    | 9:15 AM     |
| Women 45-49     | Javelin          | Saturday   | 119            | 600 Gram           | 11:15 AM    |
| Women 45-49     | 100 Meter Dash   | Saturday   | 102            |                    | 10:35 AM    |
| Women 45-49     | Discus           | Saturday   | 117            | 1.0 k              | 10:30 AM    |
| Women 45-49     | 400 Meter Dash   | Saturday   | 104            |                    | 12:15 PM    |
| Women 45-49     | 800 Meter Dash   | Saturday   | 104            |                    | 2:25 PM     |
| Women 45-49     | Shot Put         | Saturday   | 118            | 4 K                | 3:00 PM     |
| Women 45-49     | 200 Meter Run    | Saturday   | 103            |                    | 3:10 PM     |

| <b>Division</b> | <b>Event</b>     | <b>Day</b> | <b>Event #</b> | <b>Information</b> | <b>Time</b> |
|-----------------|------------------|------------|----------------|--------------------|-------------|
| Women 50-54     | Long Jump        | Saturday   | 115            |                    | 7:30 AM     |
| Women 50-54     | 3000 Meter Run   | Saturday   | 117            |                    | 7:45 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"                | 8:15 AM     |
| Women 50-54     | 1500 Meter Run   | Saturday   | 106            |                    | 9:20 AM     |
| Women 50-54     | High Jump        | Saturday   | 120            |                    | 9:15 AM     |
| Women 50-54     | Javelin          | Saturday   | 119            | 500 Gram           | 10:30 AM    |
| Women 50-54     | 100 Meter Dash   | Saturday   | 102            |                    | 10:35 AM    |
| Women 50-54     | Discus           | Saturday   | 117            | 1.0 k              | 11:15 AM    |
| Women 50-54     | 400 Meter Dash   | Saturday   | 104            |                    | 12:15 PM    |
| Women 50-54     | Shot Put         | Saturday   | 118            | 3 K                | 1:30 PM     |
| Women 50-54     | 800 Meter Run    | Saturday   | 105            |                    | 2:25 PM     |
| Women 50-54     | 200 Meter Run    | Saturday   | 103            |                    | 3:10 PM     |

| <b>Division</b> | <b>Event</b>     | <b>Day</b> | <b>Event #</b> | <b>Information</b> | <b>Time</b> |
|-----------------|------------------|------------|----------------|--------------------|-------------|
| Women 55-59     | Long Jump        | Saturday   | 115            |                    | 7:30 AM     |
| Women 55-59     | 3000 Meter Run   | Saturday   | 117            |                    | 7:45 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"                | 8:15 AM     |
| Women 55-59     | 1500 Meter Run   | Saturday   | 106            |                    | 9:20 AM     |
| Women 55-59     | High Jump        | Saturday   | 120            |                    | 9:15 AM     |
| Women 55-59     | Javelin          | Saturday   | 110            | 500 Gram           | 10:30 AM    |
| Women 55-59     | 100 Meter Dash   | Saturday   | 102            |                    | 10:35 AM    |
| Women 55-59     | Discus           | Saturday   | 117            | 1.0 k              | 11:15 AM    |
| Women 55-59     | 400 Meter Dash   | Saturday   | 104            |                    | 12:15 PM    |
| Women 55-59     | Shot Put         | Saturday   | 118            | 3 K                | 1:30 PM     |
| Women 55-59     | 800 Meter Run    | Saturday   | 105            |                    | 2:25 PM     |
| Women 55-59     | 200 Meter Run    | Saturday   | 103            |                    | 3:10 PM     |

| <b>Division</b> | <b>Event</b>     | <b>Day</b> | <b>Event #</b> | <b>Information</b> | <b>Time</b> |
|-----------------|------------------|------------|----------------|--------------------|-------------|
| Women 60-64     | Long Jump        | Saturday   | 115            |                    | 7:30 AM     |
| Women 60-64     | 3000 Meter Run   | Saturday   | 117            |                    | 7:45 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"                | 8:15 AM     |
| Women 60-64     | 1500 Meter Run   | Saturday   | 106            |                    | 9:20 AM     |
| Women 60-64     | High Jump        | Saturday   | 120            |                    | 9:15 AM     |
| Women 60-64     | Javelin          | Saturday   | 119            | 500 Gram           | 10:30 AM    |
| Women 60-64     | 100 Meter Dash   | Saturday   | 102            |                    | 10:35 AM    |
| Women 60-64     | Discus           | Saturday   | 117            | 1.0 k              | 11:15 AM    |
| Women 60-64     | 400 Meter Dash   | Saturday   | 104            |                    | 12:15 PM    |
| Women 60-64     | Shot Put         | Saturday   | 118            | 3 K                | 1:30 PM     |
| Women 60-64     | 50 Meter Dash    | Saturday   | 101            |                    | 1:30 PM     |
| Women 60-64     | 800 Meter Run    | Saturday   | 105            |                    | 2:25 PM     |
| Women 60-64     | 200 Meter Run    | Saturday   | 103            |                    | 3:10 PM     |

| <b>Division</b> | <b>Event</b>     | <b>Day</b> | <b>Event #</b> | <b>Information</b> | <b>Time</b> |
|-----------------|------------------|------------|----------------|--------------------|-------------|
| Women 65-69     | Long Jump        | Saturday   | 115            |                    | 7:30 AM     |
| Women 65-69     | 3000 Meter Run   | Saturday   | 117            |                    | 7:45 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")           | 8:15 AM     |
| Women 65-69     | 1500 Meter Run   | Saturday   | 106            |                    | 9:20 AM     |
| Women 65-69     | High Jump        | Saturday   | 120            |                    | 9:15 AM     |
| Women 65-69     | Javelin          | Saturday   | 119            | 500 Gram           | 10:30 AM    |
| Women 65-69     | 100 Meter Dash   | Saturday   | 102            |                    | 10:35 AM    |
| Women 65-69     | Discus           | Saturday   | 117            | 1.0 k              | 11:15 AM    |
| Women 65-69     | 400 Meter Dash   | Saturday   | 104            |                    | 12:15 PM    |
| Women 65-69     | Shot Put         | Saturday   | 118            | 3 K                | 1:30 PM     |
| Women 65-69     | 50 Meter Dash    | Saturday   | 101            |                    | 1:30 PM     |
| Women 65-69     | 800 Meter Run    | Saturday   | 105            |                    | 2:25 PM     |
| Women 65-69     | 200 Meter Run    | Saturday   | 103            |                    | 3:10 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     |             | 7:45 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")    | 8:15 AM  |
| Women 70-74 | 1500 Meter Run   | Saturday | 106     |             | 9:20 AM  |
| Women 70-74 | High Jump        | Saturday | 120     |             | 9:15 AM  |
| Women 70-74 | Javelin          | Saturday | 119     | 500 Gram    | 10:30 AM |
| Women 70-74 | 100 Meter Dash   | Saturday | 102     |             | 10:35 AM |
| Women 70-74 | Discus           | Saturday | 117     | 1.0 k       | 11:15 AM |
| Women 70-74 | 400 Meter Dash   | Saturday | 104     |             | 12:15 PM |
| Women 70-74 | Shot Put         | Saturday | 118     | 3 K         | 1:30 PM  |
| Women 70-74 | 50 Meter Dash    | Saturday | 101     |             | 1:30 PM  |
| Women 70-74 | 800 Meter Run    | Saturday | 105     |             | 2:25 PM  |
| Women 70-74 | 200 Meter Run    | Saturday | 103     |             | 3:10 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     |             | 7:45 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")    | 8:15 AM  |
| Women 75-79 | 1500 Meter Run   | Saturday | 106     |             | 9:20 AM  |
| Women 75-79 | High Jump        | Saturday | 120     |             | 9:15 AM  |
| Women 75-79 | Javelin          | Saturday | 119     | 500 Gram    | 10:30 AM |
| Women 75-79 | 100 Meter Dash   | Saturday | 102     |             | 10:35 AM |
| Women 75-79 | Discus           | Saturday | 117     | 1.0 k       | 11:15 AM |
| Women 75-79 | 400 Meter Dash   | Saturday | 104     |             | 12:15 PM |
| Women 75-79 | Shot Put         | Saturday | 118     | 3 K         | 1:30 PM  |
| Women 75-79 | 50 Meter Dash    | Saturday | 101     |             | 1:30 PM  |
| Women 75-79 | 800 Meter Run    | Saturday | 105     |             | 2:25 PM  |
| Women 75-79 | 200 Meter Run    | Saturday | 103     |             | 3:10 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     |             | 7:45 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")    | 8:15 AM  |
| Women 80-84 | 1500 Meter Run   | Saturday | 106     |             | 9:20 AM  |
| Women 80-84 | High Jump        | Saturday | 120     |             | 9:15 AM  |
| Women 80-84 | Javelin          | Saturday | 119     | 500 Gram    | 10:30 AM |
| Women 80-84 | 100 Meter Dash   | Saturday | 102     |             | 10:35 AM |
| Women 80-84 | Discus           | Saturday | 117     | 1.0k        | 11:15 AM |
| Women 80-84 | 400 Meter Dash   | Saturday | 104     |             | 12:15 PM |
| Women 80-84 | Shot Put         | Saturday | 118     | 3 K         | 1:30 PM  |
| Women 80-84 | 50 Meter Dash    | Saturday | 101     |             | 1:30 PM  |
| Women 80-84 | 800 Meter Run    | Saturday | 105     |             | 2:25 PM  |
| Women 80-84 | 200 Meter Run    | Saturday | 103     |             | 3:10 PM  |

| <b>Division</b> | <b>Event</b>     | <b>Day</b> | <b>Event #</b> | <b>Information</b> | <b>Time</b> |
|-----------------|------------------|------------|----------------|--------------------|-------------|
| Women 85-89     | Long Jump        | Saturday   | 115            |                    | 7:30 AM     |
| Women 85-89     | 3000 Meter Run   | Saturday   | 117            |                    | 7:45 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")           | 8:15 AM     |
| Women 85-89     | 1500 Meter Run   | Saturday   | 106            |                    | 9:20 AM     |
| Women 85-89     | High Jump        | Saturday   | 120            |                    | 9:15 AM     |
| Women 85-89     | Javelin          | Saturday   | 119            | 400 Gram           | 10:30 AM    |
| Women 85-89     | 100 Meter Dash   | Saturday   | 102            |                    | 10:35 AM    |
| Women 85-89     | Discus           | Saturday   | 117            | .75 k              | 11:15 AM    |
| Women 85-89     | 400 Meter Dash   | Saturday   | 104            |                    | 12:15 PM    |
| Women 85-89     | Shot Put         | Saturday   | 118            | 3 K                | 1:30 PM     |
| Women 85-89     | 50 Meter Dash    | Saturday   | 101            |                    | 1:30 PM     |
| Women 85-89     | 800 Meter Run    | Saturday   | 105            |                    | 2:25 PM     |
| Women 85-89     | 200 Meter Run    | Saturday   | 103            |                    | 3:10 PM     |

| <b>Division</b> | <b>Event</b>     | <b>Day</b> | <b>Event #</b> | <b>Information</b> | <b>Time</b> |
|-----------------|------------------|------------|----------------|--------------------|-------------|
| Women over 90   | Long Jump        | Saturday   | 115            |                    | 7:30 AM     |
| Women Over 90   | 3000 Meter Run   | Saturday   | 117            |                    | 7:45 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")           | 8:15 AM     |
| Women Over 90   | 1500 Meter Run   | Saturday   | 106            |                    | 9:20 AM     |
| Women over 90   | High Jump        | Saturday   | 120            |                    | 9:15 AM     |
| Women Over 90   | Javelin          | Saturday   | 119            | 400 Gram           | 10:30 AM    |
| Women Over 90   | 100 Meter Dash   | Saturday   | 102            |                    | 10:35 AM    |
| Women Over 90   | Discus           | Saturday   | 117            | .75 k              | 11:15 AM    |
| Women Over 90   | 400 Meter Dash   | Saturday   | 104            |                    | 12:15 PM    |
| Women Over 90   | Shot Put         | Saturday   | 118            | 2k                 | 1:30 PM     |
| Women Over 90   | 50 Meter Dash    | Saturday   | 101            |                    | 1:30 PM     |
| Women Over 90   | 800 Meter Run    | Saturday   | 105            |                    | 2:25 PM     |
| Women Over 90   | 200 Meter Run    | Saturday   | 103            |                    | 3:10 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     |
| Women 49 Under  | 4x100 Relay  | Saturday   | 113            |                    | 1:25 PM     |
| Women 50 Older  | 4x100 Relay  | Saturday   | 113            |                    | 1:25 PM     |

## **ATHLETE PACKETS & TEAM BOXES**

Athlete packets will be shipped directly to the athlete at no extra charge. Packets will not be available for in-person pickup. Packets include athlete shirt and one free Arby's sandwich certificate per person. Athletes will receive their packet prior to competition.

## **JOIN US AT OPENING CEREMONIES ON JULY 16!**

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

## **REGISTRATION FEES & DEADLINES**

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

**ENTRY FEE INCLUDES:** Competition in the 2022 Cornhusker State Games; White cotton athlete shirt; 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 Dan Bax at [dbax@lps.org](mailto:dbax@lps.org)

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