

PARTICIPANT INFORMATION SHEET



The following are the scheduled starting times for each event:

Wednesday, August 3

3:00pm - 6:00pm -- Check-in, Visitor's Bureau

Thursday, August 4

6:30am-7:00pm -- Check-in, Visitor's Bureau
 8:00am -- Golf, Meadowlark Hills Golf Course (Shotgun start)
 1:30pm -- Disc Golf, Centennial Park (meet in front of swimming pool)
 4:30pm -- Track & Field, Kearney High Track. Order of Events: High Jump (4:30pm), Discus (5:00pm), 50 Meter Dash (5:30pm), 800 Meter Run (6:00pm), 100 Meter Dash (6:30pm), 1500 Meter Race Walk (7:00pm), Javelin (7:00pm)
 6:00pm -- Pitch Tournament, Peterson Senior Activity Center
 -- 5:00pm – *Taco Feed (Cost \$3.00)*
 8:00pm -- Wellness Walk, Yanney Park

Friday, August 5

6:30am-5:00pm -- Check-in, Visitors Bureau
 8:30am -- Track & Field, Kearney High Track. Order of Events: 5000 Meter Race Walk (8:30am), Shot Put (8:30am), Long Jump (9:00am), 400M Dash (9:30am), 4X100 Meter Relay (10:00am), Triple Jump (10:00am), 1500 Meter Run (10:15am), 200 Meter Dash (10:30am), Softball Throw (10:30am)

10:00am -- Doubles & Mixed Doubles Table Tennis, Sunrise Middle School

11:00am -- Singles Table Tennis, Sunrise Middle School

(Please park on the east side of Sunrise Middle School and enter through the East Doors due to construction)

1:30pm -- Doubles Tennis, Harmon Courts
 3:00pm -- Mixed Doubles Bowling, Big Apple
 5:00pm -- Tai Chi, Peterson Senior Activity Center
 5:30pm -- Aqua Zumba, Harmon Park Pool
 6:30pm -- Evening Social, Peterson Senior Activity Center (Pre-Registration was required)

Saturday, August 6

6:15am-5:00pm -- Check-in, Visitor's Bureau
 7:00am -- 5K Cycling, The Archway
 7:30am -- 5K Road Race, Yanney Park
 8:00am -- Doubles Tennis (continued) & Singles Tennis, Harmon Tennis Courts
 8:30am -- 40K Cycling, The Archway
 9:00am -- Swimming, Harmon Pool (warm-up begins at 8:30am) Order of Events: 100M Butterfly, 200M Freestyle, 50M Breaststroke, 100M Backstroke, 400M Individual Medley, 100M Breaststroke, 200M Backstroke, 100M Individual Medley, 50M Freestyle, 200M Butterfly, 50M Backstroke, 200M Individual Medley, 50M Butterfly, 100M Freestyle, 200M Breaststroke, 400M Freestyle

11:00am -- Doubles Bowling, Big Apple

11:00am-12:00pm -- Basketball Free-Throw & Hot Shot, Kearney Catholic High School

1:00pm -- 3-on-3 Basketball, Kearney Catholic High School

2:00pm -- Singles Bowling, Big Apple

2:00pm -- Mixed Doubles Tennis, Harmon Tennis Courts

4:30pm -- Doubles Badminton, Kearney Catholic High School

6:00pm -- Mixed Doubles Badminton, Kearney Catholic High School

8:00pm -- Singles Badminton, Kearney Catholic High School

Sunday, August 7

6:15am-1:00pm -- Check-in, Visitor's Bureau

7:00am -- 10K Cycling, The Archway

7:30am -- 10K Road Race, Cottonmill Park Lodge

7:30am -- Doubles Pickleball, Kearney Catholic High School (all men and only women ages 65-79) & YMCA (women ages 50-64)

8:00am -- Mixed Doubles Tennis, Harmon Tennis Courts (if necessary)

8:30am -- 20K Cycling, The Archway

10:00am -- Mixed Doubles Pickleball, Kearney Catholic High School (ages 55-59 & 65-84) & YMCA (ages 50-54 & 60-64)

1:00pm -- Horseshoes, Buffalo County Fairgrounds

1:30pm -- Singles Pickleball, Kearney Catholic High School (all women & only men 65-79) & YMCA (men 50-64)

***Please note change in times and locations that are highlighted.**

Please check in at all events no later than 15 minutes prior to the scheduled starting time. Failure to check-in on time may forfeit your opportunity to participate.

Medals will be awarded at each event site. Medals that are not picked-up on site will be available at the Visitors Bureau. Results will be posted at the Visitors Bureau as soon as possible (please allow at least 2-3 hours) after the completion of the sport.



In case of **BAD WEATHER**, please call the 4-INFO line at **234-4636 ext. 4113** to hear postponement information. If in doubt, please go to your event.



Facility Fees:

- Please remember that "facility fees" are required for the following sports:
 Bowling: \$1.00 per game
 Golf: \$31.00 plus tax (green fees, lunch, cart and range balls included)
 Trap Shooting: \$24.00 (facility use and rock)

Sport Coordinators:

- Bowling: *Kenny Owen*
- Cycling: *Justin Diestler/Eric Hellreigel*
- Horseshoes: *Tony Kleidosty*
- 5K Road Race: *Jade Brown/Shane Basford*
- Tennis: *Caitlin Workman*
- Pickleball: *Jade Brown/Andrew Winscot*
- Golf: *Scott Bruha/Dave James*
- Badminton: *Bob Ericson/John Rech*
- 10K Road Race: *Kiane Uldrich/Shane Basford*

- Disc Golf: *Kiane Uldrich*
- Wellness Walk: *Amber Diestler*
- Track & Field: *Jade Brown*
- Pitch & Tai Chi: *Deb Eirich/Rylan Little*
- Table Tennis: *Shane Basford*
- Swimming: *Kiane Uldrich*
- Free-throw/Hot Shot: *John Rech*
- 3-on-3 Basketball: *Shane Basford*

Participation statistics from the past sixteen years:

1997 – 171	2001 – 253	2005 – 262	2009 – 207	2013 – 339
*1998 – 249	*2002 – 364	*2006 – 325	*2010 – 331	*2014 – 404
1999 – 237	2003 – 292	2007 – 251	2011 – 214	2015 – 310
*2000 – 295	*2004 – 339	*2008 – 316	*2012 – 373	*2016 - 404

(* indicates national qualifying year)

General Information:

- Medals will be presented to the 1st, 2nd and 3rd place finishers in each age category at the event venue.
- The Nebraska Senior Games is "OPEN" to out-of-state residents.
- Competition must take place to determine an award winner. If there is only one individual entered in an age group, that athlete must enter and complete the event in order to receive a medal. That athlete will be placed in the closest age category to compete with, but not against, those athletes.
- This is a qualifying year for Nationals in Birmingham, Alabama June 2-15, 2017.

The Nebraska Senior Games are coordinated by:



Legendary Sponsors:

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*Proud member of the
National Senior Games Association*

**REMEMBER...
THE MOST IMPORTANT THING IN THE
SENIOR GAMES IS NOT TO WIN BUT TO
TAKE PART,
JUST AS THE MOST IMPORTANT THING IN
LIFE IS NOT THE TRIUMPH BUT THE
STRUGGLE. THE ESSENTIAL THING IS NOT
TO CONQUER BUT TO HAVE FUN!**

Special Thanks to: The Big Apple Fun Center, Meadowlark Hills Golf Course, The Archway, Kearney Public Schools, Kearney Catholic School, Buffalo County Fairgrounds, Peterson Senior Activity Center, Kearney Family YMCA and the numerous volunteers, and all the athletes who donated money to enhance the Games.



"Like" the Nebraska Senior Games on Facebook. Updates, pictures and more will be posted!