

NEBRASKA SENIOR GAMES TRACK & FIELD SCHEDULE

THURSDAY

4:30 PM High Jump
5:00 PM Discus
5:30 PM 50 Meter Dash
6:00 PM 800 Meter Run
6:30 PM 100 Meter Dash
7:00 PM 1500 Meter Race Walk/Power Walk
7:00 PM Javelin

FRIDAY

8:30 AM 5000 Meter Race Walk/Power Walk
8:30 AM Shot Put
9:00 AM Long Jump
9:30 AM 400 Meter Dash
10:00 AM Triple Jump
10:00 AM 4X100 Meter Relay
10:15 AM 1500 Meter Run
10:30 AM 200 Meter Dash
10:30 AM Softball Throw

Field Event Order will be: Women - all ages, Men – all ages

Track Event Order will be: Women – youngest-oldest, Men – youngest -oldest

- * Please listen to the P.A. announcements on when to report to your events.
- * The times listed above are approximate. Some events may start slightly later than the times listed above, but no events will start prior to the time.
- * Depending on the number of participants, some age groups and genders may be combined, but results will always be separated.
- * Field events and track events may occur at the same time. Please check- in at your field event, but participate in your track event first. Then go directly back to your field event.
- * Although some implements may be provided, participants are required to have their own javelin.

* Medals can be picked-up at the press box when announced.

