

PARTICIPANT INFORMATION SHEET



The following are the scheduled starting times for each event:

Wednesday, August 1

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

Thursday, August 2

6:30am-7:00pm -- Check-in, Visitor's Bureau
 8:00am -- Golf, Meadowlark Hills Golf Course (Shotgun start)
 10:00am -- Doubles Table Tennis, Sunrise Middle School
 11:00am -- Mixed Doubles Table Tennis, Sunrise Middle School
 12:00pm -- Singles Table Tennis, Sunrise Middle School
 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/Power Walk (7:00pm), Javelin (7:00pm)
 6:00pm -- Pitch Tournament, Peterson Senior Activity Center
 -- 5:00pm – *Burger Feed (Cost \$3.00)*
 8:00pm -- Wellness Walk, Yanney Park (Meet at Peterson Senior Activity Center)

Friday, August 3

6:30am-5:00pm -- Check-in, Visitors Bureau
 8:30am -- Track & Field, Kearney High Track. Order of Events: 5000 Meter Race/Power 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 Badminton, Sunrise Middle School
 11:30am -- Mixed Doubles Badminton, Sunrise Middle School
 1:00pm -- Gentle Yoga, Peterson Senior Activity Center
 1:30pm -- Singles Badminton, Sunrise Middle School
 1:30pm -- Doubles Tennis, Harmon Courts
 3:00pm -- Singles Racquetball, Kearney Family YMCA
 3:00pm -- Mixed Doubles Bowling, Big Apple
 6:30pm -- Evening Social, The Archway (Pre-Registration was required)

Saturday, August 4

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, Sunrise Middle School
 2:00pm -- Singles Bowling, Big Apple
 2:00pm -- Mixed Doubles Tennis, Harmon Tennis Courts
 2:00-2:45pm -- Open Play for Pickleball, Kearney Catholic High School
 3:00pm -- Doubles Pickleball, Kearney Catholic High School

Sunday, August 5

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 -- Mixed Doubles Pickleball, Kearney Catholic High School
 8:00am -- Mixed Doubles Tennis, Harmon Tennis Courts (if necessary)
 8:30am -- 20K Cycling, The Archway
 1:00pm -- Horseshoes, Buffalo County Fairgrounds
 3:00pm -- Singles Pickleball, Kearney Catholic High School

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.

www.nebraskaseniorgames.com

(more information on other side)



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: \$20.00 plus tax (green fees, lunch, cart and range balls included)

Sport Coordinators:

- | | |
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| <i>Bowling: Kenny Owen</i> | <i>Disc Golf: Kiane Uldrich</i> |
| <i>Cycling: Justin Diestler</i> | <i>Wellness Walk: Amber Diestler</i> |
| <i>Horseshoes: Samantha Hahn</i> | <i>Track & Field: Jade Brown</i> |
| <i>5K Road Race: Jade Brown</i> | <i>Pitch & Gentle Yoga: Deb Eirich/Rylan Little</i> |
| <i>Tennis: Matthew Case/Faith Kowalski</i> | <i>Table Tennis: Kylee Meyer</i> |
| <i>Pickleball: Jade Brown/Kylee Meyer</i> | <i>Swimming: Kiane Uldrich</i> |
| <i>Golf: Scott Bruha/Dave James</i> | <i>Free-throw/Hot Shot: John Klosterman</i> |
| <i>Badminton: Bob Ericson/Kylee Meyer</i> | |
| <i>10K Road Race: Kiane Uldrich</i> | |

Participation statistics from the past sixteen years:

1997 – 171	*1998 – 249	1999 – 237	*2000 – 295	2001 – 253	*2002 – 364	2003 – 292
*2004 – 339	2005 – 262	*2006 – 325	2007 – 251	*2008 – 316	2009 – 207	*2010 – 331
2011 – 214	*2012 – 373	2013 – 339	*2014 – 404	2015 – 310	*2016 – 404	2017 – 288
*2018 – 387						

(* 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 Albuquerque, New Mexico June 14-25, 2019.

The Nebraska Senior Games are coordinated by:



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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.

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!



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