



# Nebraska Senior Games

## Track and Field Order of Events

### THURSDAY

Discus (5:00pm)

50 Meter Dash (5:30pm)

800 Meter Run (6:00pm)

100 Meter Dash (6:30pm)

1500M Race Walk (7:00pm)

Javelin (7:00pm)

### FRIDAY

5000 Meter Race Walk (8:30am)

Shot Put (8:30am)

Long Jump (9:00am)

400 Meter Dash (9:30am)

Triple Jump (10:00am)

1500 Meter Run (10:15am)

200 Meter Dash (10:30am)

**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.
- \* Participants are required to have their own implements (shot put, discus, javelin).
- \* Medals will be distributed after results are tabulated.

