Intramural Sports provides an opportunity for students, as well as faculty and staff to participate in over 150 organized sport activities at different skill levels. Activities are offered in Individual, Dual, and/or Team Sports, and are divided into Men, Women, and/or Co-Rec leagues. For Team Sports, students can participate on Residence Hall or Greek teams, or as Independent teams (student organizations and/or friends).

REGISTRATION
Register during specified entry periods at the Intramural Sports office in the Campus Rec Center or at the EC Activities Building office, or call 472-8383.

INFORMATION
The University of Nebraska-Lincoln is an equal opportunity educator and employer with a comprehensive plan for diversity. Campus Recreation welcomes persons with all abilities. Please inquire about the availability of accommodations for special needs. For more program information, visit a Campus Recreation facility, call 472-3467, and check out our website at http://crec.unl.edu. Campus Recreation attempts to fulfill all published information, however, changes may occur.

Intramural Sports Online!
http://crec.unl.edu

Men's and Women's Divisions
Deadline: March 1

MISCELLANEOUS:
Participants should be aware that there is a risk of injury in participation of intramural sports due to the inherent nature of the activity. Individuals are encouraged to have a physical examination and obtain adequate health and accident insurance prior to participation. Individuals participate in intramural sports at their own risk.

INCLEMENT WEATHER:
Games canceled due to inclement weather will be rescheduled when possible. Decisions as to playability of the facilities will be made at 3:00 p.m. weekdays and 12:00 p.m. on weekends. For the latest information regarding game cancellations log on to our Facebook page at IM Sports-Nebraska.

CHAMPIONS:
High Jump: Men: Trevor Poppen, Women: Andrea Uher
Long Jump: Men: Trevor Poppen, Women: Andrea Uher
60M Hurdles: Men: Trevor Poppen, Women: N/A
60M Dash: Men: Asher Chester, Women: Megan Brooks
200 m Dash: Men: Asher Chester, Women: Olivia Loh
400 m Dash: Men: Asher Chester, Women: Sammi Marousek
800 m Dash: Men: Andrew Bro, Women: N/A
1600 m Run: Men: Jeffrey Yau, Women: N/A
3200 m Run: Men: Jeffrey Yau, Women: N/A

ENTRIES:
Enter the Devaney Sport Center on the Southeast corner of the track. When participants arrive at the track for the meet, each person must fill out an event card for each event they plan to compete. Entries will be accepted for running and field events 12:30-1:00pm. Both field and running events will begin at 1:00pm.

EVENTS:
Field Events: High Jump and Long Jump
Running Events: 60 m Dash
1600 m Run
60m High Hurdles* (39"men, 33" women)
400 m Dash
800 m Run
200 m Dash
3200 m Run
800 m Relay
*separate heats for men & women

DATE & TIME:
Sunday, March 1, 2015 at 1:00pm at the Devaney Sports Center Track, enter on southeast corner of track

PROCEDURE:
Letter winners in cross country or track and field at any four or two year college/university since and including the 2012-2013 year are not eligible. Additionally, current members of the UNL track and field team are not eligible. Consult the Intramural Sports page on the Campus Rec webpage for additional guidelines. Members of the UNL Runners Sport Club are eligible, however, only one member is allowed per team roster. Additionally, an individual contestant may not compete in more than five events (track and/or field).

EQUIPMENT:
Jogging or tennis shoes must be worn. Spikes of any type are not permitted. Starting blocks will be provided by Campus Recreation. Restrooms, but not locker/showers, will be available and participants should plan accordingly. Avoid bringing valuables to the site.

RULES:
Rules are available at 56 Campus Recreation Center or can be found on the web under the Calendar link.

ID CARDS:
A current UNL I.D. will be required of each participant prior to participation.

AWARDS:
Intramural Sports Champion shirts will be awarded to the top finisher in each division.

ALL-UNIVERSITY:
Placement points will be awarded on the basis of the top four finishers per organization.

ATHLETE OF THE YEAR:
This is an Athlete of the Year event. Athletes will receive up to 100 points for this event. The player accumulating the highest points total by seasons end will be declared Athlete of the Year.

INQUIRIES:
Intramural Sports Office
56 Campus Recreation Center
472-8383
Facebook: IM Sports-Nebraska
http://crec.unl.edu/im

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