



CAMPUS RECREATION

UNIVERSITY OF NEBRASKA INTRAMURAL SPORTS INDOOR TRACK MEET

INTRAMURAL SPORTS OFFERS:

- 150 Organized Sport Leagues
- Different Skill Levels
- Student and Faculty/ Staff Teams
- Men, Women, and Co-Rec Leagues
- Individual, Dual, and Team Divisions

For team sports, students can participate on residence hall or Greek teams, or as independent teams (student organizations and/or friends).

REGISTRATION:

View events and deadlines online at crec.unl.edu/im. Register during specified entry periods at the Intramural Sports office in the Campus Rec Center, at the Recreation & Wellness Center on East Campus.

INFORMATION:

UNL does not discriminate based upon any protected status. Please see go.unl.edu/nondiscrimination. 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 402-472-3467, or visit crec.unl.edu. Campus Recreation attempts to fulfill all published information, however changes may occur.

INQUIRIES:

Intramural Sports office
56 Campus Recreation Center
402-472-8383

 IM Sport-Nebraska
crec.unl.edu

A service of the Division of Student Affairs.

SPRING 2020 DIVISION: M/W DEADLINE: MARCH 15th

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 15th 2020 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 2017-2018 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.

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.

