

University of Nebraska-Lincoln  
Campus Recreation

## Fall 5K

- A. **Entries:** Participants sign up on site. Finishers are handed a place card as they cross the finish line. Finishers should complete the information on the front of the card and return it to the head finish judge before leaving the course. A valid UNL student ID must be presented at this time. Co-Rec teams must sign in as a team **before** running (1 male and 1 female constitute a co-rec team).
- B. **Scoring:**
1. Individual: The first male and the first female to complete the course and cross the finish line will be declared the winners.
  2. Team: The places of the best 4 finishers from an organization will be added to determine the team winner for the men's and women's portion of the event.
  3. Co-Rec: Times of co-rec teams will be combined to determine champions.
- C. **General Rules**
1. A UNL ID is required of all participants on site.
  2. Finishers who leave the course or do not follow it during the race will be disqualified.
  3. Runners may not physically aid other runners.
  4. Shoes with metal spikes are not allowed.
- D. **Awards:** Intramural Champion T-Shirts will be awarded to the men's, women's, and co-rec champions.
- E. Participants should be aware that there is a risk of injury in participation in intramural sports due to the inherent nature of the activity. Individuals are encouraged to have a physical examination and to obtain adequate health and accident insurance prior to participation. Individuals participate in intramural sports at their own risk.

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