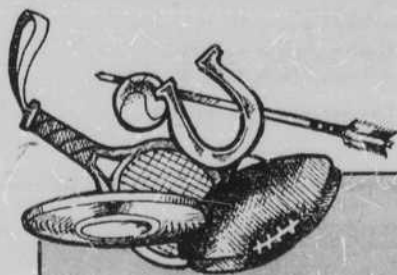


CLIP & SAVE



THE SEMESTER IN SPORTS

INTRAMURALS

SCHEDULE OF MEN'S, WOMEN'S & CO-RECREATIONAL ACTIVITIES
 Legend: M - men; W - women; C - co-recreational; NA - no advanced entry required, enter on sight; O - open
 *- held in conjunction with the Nebraska Union RecRoom ** - Esprit de Corps event

| ACTIVITY | ENTRY PERIOD | PLAY BEGINS | ACTIVITY | ENTRY PERIOD | PLAY BEGINS |
|---------------------------------------|------------------|------------------|--|-------------------|-------------|
| **Sports Trivia (M,W,C) | NA | January 18 | Soccer (M,W) | March 7-March 20 | April 3 |
| Chess (O) | Dec. 6-Jan. 16 | January 22 | Slow Pitch Softball (C) | March 7-March 20 | April 3 |
| Volleyball (C) | Dec. 6-Jan. 16 | January 22 | 3-on-3 Outdoor Volleyball Tournament (M,W) | March 14-April 3 | April 6 |
| Basketball (M,W) | Dec. 6-Jan. 16 | January 23 | 10K-5K Run (M,W,C) | NA | April 8 |
| Snow Softball Tournament (M,W,C) | Dec. 6-Jan. 23 | January 26 | **Horseshoe Doubles (M,W,C) | March 21-April 10 | April 16 |
| *Table Soccer Doubles (M,W,C) | Dec. 6-Jan. 23 | January 29 | Tennis Doubles (M,W,C) | March 21-April 10 | April 16 |
| Water Polo Tournament (M,W) | Jan. 17-Jan. 30 | February 2 | **Powerlifting Meet (M,W,C) | NA | April 17 |
| Innertube Water Polo Tournament (C) | Jan. 24-Feb. 6 | February 9 | 3-on-3 Volleyball Tournament (C) | April 4-April 17 | April 20 |
| Indoor Soccer (M,W) | Jan. 24-Feb. 6 | February 12 | Ultimate Frisbee Tournament (M,W) | April 4-April 17 | April 20 |
| Swim Meet (W) | NA | February 13 | Outdoor Track Meet (M,W) | NA | April 22 |
| Swim Meet (M) | NA | February 15 | 16" One Pitch Softball Tournament (M,W) | April 11-April 24 | April 27 |
| Pickleball Tournament (M,W) | Jan. 31-Feb. 13 | February 16 | **Frisbee Golf (M,W,C) | April 11-April 24 | May 1 |
| **Basketball Golf (M,W,C) | NA | February 20 & 21 | Fishing Derby (O) | March 24-May 3 | May 3 |
| **Free Throw Contest (M,W,C) | NA | February 20 & 21 | SUMMER SCHEDULE | | |
| Indoor Track Meet (M,W) | NA | February 25 | Slow Pitch Softball (C) | April 25-May 22 | May 29 |
| 1-on-1 Basketball (M,W) | Feb. 7-Feb. 20 | February 26 | Outdoor 3-on-3 Basketball (M,W) | April 25-June 13 | June 18 |
| 2-on-2 Basketball (C) | Feb. 7-Feb. 20 | February 26 | Outdoor Volleyball (C) | April 25-June 13 | June 18 |
| Indoor Wiffleball Tournament (C) | Feb. 14-Feb. 27 | March 2 | Tennis Singles (M,W) | April 25-June 13 | June 18 |
| Racquetball Doubles (M,W,C) | Feb. 14-Feb. 27 | March 5 | Tennis Singles (M,W) | June 27-July 17 | July 23 |
| *9-Ball Pool (O) | Feb. 14-Feb. 27 | March 5 | FACULTY/STAFF INTRAMURAL SPORTS | | |
| Volleyball Marathon (M,W) | Feb. 21-March 6 | March 9 | Basketball (M,W) | Dec. 6-Jan. 16 | January 23 |
| Wrestling Meet (M,W) | NA | March 12 | Racquetball Doubles (M,W) | Jan. 31-Feb. 13 | February 19 |
| **Badminton Doubles (M,W,C) | Feb. 21-March 6 | March 12 | Squash Tournament (M,W) | Feb. 28-March 13 | March 19 |
| Intramural T-Shirt Design Contest (O) | Jan. 31-March 13 | March 13 | 10K/5K Run (M,W,C) | NA | April 8 |
| Floor Hockey Tournament (M,W,C) | Feb. 28-March 13 | March 16 | Golf Leagues (M,W) | April 18-May 1 | May 14 |
| Squash Tournament (M,W) | Feb. 28-March 13 | March 19 | Tennis Leagues (M,W) | May 2-May 22 | June 4 |



OUTDOOR ADVENTURE TRIP SCHEDULE

January 20, 27, February 3, 10 or 17, 1990
CROSS-COUNTRY SKIING CLINIC

Snow permitting, choose one of these Saturday clinics which will provide basic instruction in Nordic skiing techniques. T-shirt or hat available for participants for an additional \$5.00
SIGN-UP DEADLINE: FRIDAY NOON LIMIT: 20 MEMBER COST: \$4.00

January 28, 1990

HIKING IN WILDERNESS PARK, LINCOLN, NEBRASKA

Enjoy a brisk winter day of hiking through Wilderness Park, including a picnic lunch. T-shirt or hat available for participants for an additional \$5.00
SIGN-UP DEADLINE: JANUARY 23 LIMIT: 12 MEMBER COST: \$4.00

February 3-4 or 17-18, 1990

CROSS-COUNTRY SKIING/WINTER CAMPING

Snow permitting, we will travel to a nearby state park for a weekend of cross-country skiing and winter camping.
SIGN-UP DEADLINE: JANUARY 34 LIMIT: 10 MEMBER COST: \$45.00

February 11, 1990

ICE FISHING

Weather permitting, we will travel to an area lake to fish through the ice. Bring your own pole. T-shirt or hat available for participants for an additional \$5.00.
SIGN-UP DEADLINE: FEBRUARY 6 LIMIT: 10 MEMBER COST: \$4.00

March 3-4, 1990

WINTERING EAGLES CANOE TRIP, PLATTE RIVER

This stretch of the Platte River is the temporary home to one of the greatest concentrations of migrating eagles in the continental United States.
SIGN-UP DEADLINE: FEBRUARY 20 LIMIT: 12 MEMBER COST: \$40.00

March 10-11, 1990

BIRDS! BIRDS! BIRDS! CANOE TRIP, PLATTE RIVER

Migrating birds, including sandhills cranes, can be viewed on this pleasurable canoe trip on the Platte River.
SIGN-UP DEADLINE: FEBRUARY 27 LIMIT: 12 MEMBER COST: \$40.00

March 9-11, 1990

CAVING IN MISSOURI

Explore the natural world from the inside. This trip will include a full day of spelunking in the Devil's icebox cave.
SIGN-UP DEADLINE: FEBRUARY 27 LIMIT: 8 MEMBER COST: \$50.00

April 8, 1990

CANOEING DAY TRIP, NEBRASKA

Enjoy the day on a canoe trip on a nearby Nebraska stream.
SIGN-UP DEADLINE: APRIL 3 LIMIT: 12 MEMBER COST: \$18.00

April 13-15, 1990

CANOEING ON THE NIobrARA RIVER, NEBRASKA

Canoe the less crowded and more challenging upper stretch of the Niobrara River and enjoy its unique scenery.
SIGN-UP DEADLINE: APRIL 3 LIMIT: 12 MEMBER COST: \$55.00

April 14, 1990

HIKING IN WILDERNESS PARK, LINCOLN, NEBRASKA

Enjoy a fresh spring day of hiking through Wilderness Park, including a picnic lunch. T-shirt or hat available for participants for an additional \$5.00
SIGN-UP DEADLINE: APRIL 10 LIMIT: 10 MEMBER COST: \$4.00

April 18, 19, 20-22, 1990

BASIC ROCK CLIMBING SEMINAR

The basics of technical rock climbing will be introduced in this one-evening, one-afternoon, and one weekend instructional program. The weekend program site will be Palisades State Park in South Dakota.
SIGN-UP DEADLINE: APRIL 10 LIMIT: 12 MEMBER COST: \$55.00

April 22, 1990

EARTH DAY

This will be the twentieth anniversary of the first Earth Day in 1970. The semester leading up to "Earth Day week" will include the planning of many activities and programs on the UNL campus and across the country. Get informed, get involved and celebrate your planet!

April 22, 1990

LAKE CANOEING & KAYAKING, LINCOLN, NEBRASKA

Here's your opportunity to try out a tandem canoe, solo canoe, and/or kayak on an area lake. Instructors provided. T-shirt or hat available to participants for an additional \$5.00.
SIGN-UP DEADLINE: APRIL 17 LIMIT: 12 MEMBER COST: \$4.00

April 27-29, 1990

CANOEING ON THE DISMAL RIVER, NEBRASKA

Narrow and winding, the Dismal presents Nebraska's greatest canoeing challenge as well as some of its pretest scenery.
SIGN-UP DEADLINE: APRIL 17 LIMIT: 12 MEMBER COST: \$55.00

SPRING BREAK 1990 EXPEDITIONS

BACKPACKING

the Grand Canyon, Arizona
 This popular trip has been full since mid-November 1989!

March 23-April 1, 1990

BACKCOUNTRY SKI TOURING

in the Bighorn Mountains, Wyoming
 Experience mountain cross-country ski touring and winter camping on this challenging trip which will include an ascent of Cloud Peak (13,167')

**SIGN-UP DEADLINE: FEBRUARY 27
 LIMIT 12 MEMBER COST \$245.00**

March 23-April 1, 1990

CANOEING

the Canyons of the Rio Grande, Texas-Mexico Border
 One of America's largest wilderness areas is located in the Big Bend country of southwest Texas. This trip will be spent canoeing in this area on the Rio Grande, which forms the border between the United States and Mexico.

**SIGN-UP DEADLINE: FEBRUARY 27
 LIMIT: 12 MEMBER COST: \$225.00**

SUMMER 1990 EXPEDITIONS

May 13-20, 1990

WHITewater RAFTING OR CANOEING

in the Western United States
 A rafting trip on a whitewater river in the Western United States. The location will be determined pending issuance of a permit in the spring. If no permit is obtained, a whitewater canoe trip will be offered on a Western river.

SIGN-UP DEADLINE: APRIL 24

LIMIT: 10

MEMBER COST: \$245.00

Full information on the rest of the summer schedule will be available by March 15, 1990, including:

- 4 CORNERS CANYONLANDS COUNTRY (May)
- INTERMEDIATE ROCK CLIMBING tour (June)
- RAFTING in the Western U.S. (July)
- SWEDEN OUTDOORS (July-August)
- CANADIAN ROCKIES BICYCLING tour (August)
- BACKPACKING IN THE TETONS, WY (August)



OFFICE OF CAMPUS RECREATION

55 Campus Recreation Center

32 East Campus Activities Bldg.

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