

Track and Field



Entry Regulations:

1. Men and women compete separately.
2. Competition will be in five year increments beginning with 50-54.

Format:

Order of events will be dependent on the number of participants.

Sports Rules:

USA Track & Field (USATF) rules will apply with the modifications listed below.

A competitor's second false start in a running event will result in disqualification of the competitor from that event.

Running events will have priority over field events. Should you be competing in a track event and a field event at the same time, please check into your field event and then proceed quickly to the running event that has been called.

Tennis shoes and $\frac{1}{4}$ " spikes will be allowed. All shoes will be checked. No bare feet or hard sole shoes allowed or you will be disqualified.

Any competitor who is disqualified for unsportsmanlike conduct is ineligible for further participation in the meet and forfeits any award

Each competitor is solely responsible for promptly reporting for each event entered and at the place designated for any field event. Field event participants must report in to the appropriate field event judge prior to competing in a time-conflicting running event.

All competitors are to remain in the bleachers and off of the track/field when not competing. When competitors' event is called they are to then report to the "Bull Pen" area and will be taken to their event by meet personnel.

Ties – any ties among field event contestants who tie for first, second and or third within each age/gender group will be resolved by determining the better of the second best attempt of the tied competitors.

Discus Throw – you will be allowed 2 warm-ups and 3 official attempts.

1.5 kg for men under 60 years of age

1.0 kg for all women and men 60 years & older

High Jump – warm-up jumps allowed. Competitors allowed a maximum of three attempts to successfully clear each successive height.

Javelin – competitors allowed two warm-ups and three official attempts. Must be thrown with one hand only, and the hand must remain on the grip until the javelin is released.

800 gm for men under 60 years of age

600 gm for men 60 years of age or older

400 gm for all women

Racewalking – a progression of steps so taken that unbroken contact with the ground is maintained. One foot on the ground at all times. (Thou shalt not run).

During the period of each step, the advancing foot of the walker must make contact with the ground before the rear foot leaves the ground.

The supporting leg must be straight (i.e. not bent at the knee) for at least one moment when in the vertical upright position.

Failure to adhere to the above definition of race walking will result in disqualification. Must not cover the knees with clothes to impede the decisions of the Judges in any way.

Running Long Jump - Two warm-ups & three official attempts will be allowed.

Running start only to scratch line. Measurement of the jump is made at a right angle from the scratch line to the nearest break in the landing area made by any part of the body.

Shot Put–Two warm-ups & three official attempts will be allowed

The shot put must be held with one hand from above the shoulder. The hand and the shot must remain above the level of shoulder at all times.

6kg for men under 60 years of age

5kg for men 60-69 years of age

4kg for men 70 years of age and older

3kg for women

Standing Long Jump - Two warm-ups & three official attempts will be allowed.

A jump is attempted with both feet parallel, behind the scratch line. Measurement of the jump is made at a right angle from the scratch line to the nearest break in the landing area made by any part of the body.