

Pennsylvania Senior Games Track & Field

SCHEDULE

Friday, July 27

Field Events

Long Jump Women	9:00am
Long Jump Men	9:00am
Shot Put Men	10:00am
High Jump Women	10:30am
Shot Put Women	1:00pm
Discus Women	1:00pm
High Jump Men	2:30pm
Discus Men	2:30pm

Track Events

10000m Run Women	7:30am
10000m Run Men	7:30am
1500m Race Walk Women	10:15am
1500m Race Walk Men	10:15am
100m Dash Women	11:25am
100m Dash Men	11:45am
1500m Run Women	1:20pm
1500m Run Men	1:35pm
400m Dash Women	2:10pm
400m Dash Men	2:20pm
800m Dash Women	2:50pm
800m Dash Men	3:00pm
200m Dash Women	3:30pm
200m Dash Men	3:45pm
50m Dash Women	4:00pm
50m Dash Men	4:15pm
5000 Meter Run Women	5:00pm
5000 Meter Run Men	5:00pm
5000 Meter Race Walk Women	6:10pm
5000 Meter Race Walk Men	6:10pm

ENTRY REGULATIONS

Unlimited events

Shoes are limited to ¼ spikes or appropriate running shoes.

All athletes must wear assigned numbers.

Competition will be in 5-year age groups, beginning with ages 50-54.

FORMAT

Format will be in keeping with USATF sanctioned meets.

Implements will be provided for the shot and discus. Athletes may bring and use their implements.

SPORT RULES:

The meet will be conducted in accordance with USA Track & Field rules, except as modified herein.

All runners must report to the clerking area for check-in prior to their races. Field event athletes report to the event site. Athletes who report late will be scratched from that event. Check in site will be announced and indicated at the meet site.

Order of events will be posted at the venue. Times are as listed under **SCHEDULE**. Meet management reserves the right to move the schedule ahead when possible. **SCHEDULE** will move no further than thirty- (30) minutes ahead of posted start times. Athletes are encouraged to report to the venue at least one hour before their first event.

Once the event has been contested, there will not be any further competition in that event for those who miss their event.

Results will be posted as soon as possible after the event is completed.

Awards can be picked up at the awards area after results are posted.

Field events for athletes 50 to 59 will be allowed 3 trial attempts, with the top seven (7) athletes advancing to the finals. If less than 6 enter an event in a division, then all will be allowed 6 attempts. High jump will be allowed three (3) consecutive misses.

Inclement weather may dictate only four (4) attempts for all divisions in the field events.

Meet will be held rain or shine. There will be no rescheduling for any events or the meet if weather forces a cancellation or postponement.

The PSG does not provide water. Athletes are strongly encouraged to bring their own water.

** The following are the weights of various implements to be used for each gender and age category:

Discus	Men 50+ 1.5kg, Men 60+ 1.0kg Women 50+ 1.0kg, Women 80+ .75kg
Shot Put	Men 50+ 6kg, 60+ 5kg, 70+ 4kg, Men 80+ 3kg Women 50+ 3kg