



The Connecticut Senior Games are organized by:

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Track and Field Coordinator

Special thanks to Manchester High School for hosting the Track and Field Championships

2010 Connecticut Senior Games

Track & Field

Coordinator:	Tom St. Laurent
Date of Competition:	Saturday, May 22 nd
Location:	Manchester High School
Time:	11:30 a.m. Field Events 2:30 p.m. Track Events
Event Order:	High Jump Shot Put Long Jump Triple Jump Hammer Javelin Discus Race-Walk Recreational Walk 100M 1500M 200M 800M 3000M 400M

Track & Field Meet Info:

Athletes will be allowed to compete in up to SIX events. No one will be permitted to sign up the day of the event. Participants must provide their own implements to compete with, implements will not be provided. Awards will be presented for 1st through 3rd place for each division within each age group. This meet will be conducted in accordance with USA Track & Field rules, except as modified herein.

Qualifying Rules:

1. All first-, second-, third- and fourth-place winners as well as athletes meeting this sport's NSGA minimum performance standards in competition at the 2010 Connecticut Senior Games will qualify for the 2011 Summer National Senior Games.
2. All athletes who compete in hammer throw or triple jump at a 2010 NSGA qualifying games will qualify for the 2011 Summer National Senior Games.

Age Groups:

50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+

Age Cut off Date:

Your age division / group will be determined by your age as of December 31, 2010. If you are turning 50 in the calendar year of 2010, you are eligible to compete in the 2010 Connecticut Senior Games!

Directions – Manchester High School – Manchester, CT

Manchester High School 134 East Middle Turnpike Manchester, CT 06040

Traveling WEST:

On route 84, take Exit 63 (which says South Windsor).

As you follow the exit, stay to the right through the yield sign.

At the second light, take a right onto Oakland Street.

After going through the second light and over the railroad tracks, this becomes Summit Street.

Go straight through three stop signs.

When you reach the traffic light, take a left onto East Middle Turnpike.

Make a right onto Brookfield St.

MHS parking will be on the right.

Traveling EAST:

On route 84, take Exit 63.

At the light, go straight through to Oakland Street.

After going through the second light and over the railroad tracks, this becomes Summit Street.

Go straight through three stop signs.

When you reach the traffic light, take a left onto East Middle Turnpike.

Make a right onto Brookfield St.

MHS parking will be on the right.

National Senior Games – Houston, TX:

The 2010 Connecticut Senior Games are a qualifier event for the National Senior Games which will take place June 16th – 30th, 2011 in Houston, TX.