

TRACK & FIELD

**100-, 200-, 400-, 800-, 1500-Meter, 4x100-Meter Relay;
Discus; Hammer Throw; High Jump; Javelin;
Long Jump; Pole Vault; Shot Put; Triple Jump**

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 a 2010 NSGA qualifying 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.
3. Athletes who reside in a state that does not offer the hammer throw, pole vault or triple jump may qualify for those events by meeting the "limited" event qualifying criteria in Rule D.
4. Athletes that qualify for and compete in the 100-, 200-, 400- or 800-meter events at the 2011 Summer National Senior Games will be eligible to compete in the 4x100-meter relay. Athletes can not qualify to compete in the relay event except in this manner.

ENTRY REGULATIONS

1. The Local Organizing Committee shall provide certified implements for all events and age groups. In addition, athletes shall be permitted to use their own implements, provided they have been certified by the Track & Field Committee. Athletes who wish to use their own implements shall agree to all certification procedures including but not limited to marking, impounding, etc. Athletes must provide their own vaulting poles.
2. Shoes must comply with USATF Rule 143.
3. Registration for the relay event will take place at the track venue. Age division of relay teams will be based on the age of the youngest team member as of **December 31, 2011**.

FORMAT

1. For field events, if there are more than 12 athletes in any age division, a qualifying round may be held.
2. For track events, the number of heats will be determined based on the number of entries.
3. The 1500-meters will be a timed final event.

SPORT RULES

1. This meet will be conducted in accordance with USA Track & Field rules, except as modified herein. For a copy of these rules, please write or call:
USA Track & Field
One RCA Dome Suite 140
Indianapolis, IN 46225
(317) 261-0478
www.usatf.org
2. Following are the weights of the various implements (subject to change) to be used for each gender and age division:

| Age Division | Discus | Hammer | Javelin | Shotput |
|--------------|--------|--------|---------|---------|
| M50-54 | 1.5kg | 6kg | 700g | 6kg |
| M55-59 | 1.5kg | 6kg | 700g | 6kg |
| M60-64 | 1.0kg | 5kg | 600g | 5kg |
| M65-69 | 1.0kg | 5kg | 600g | 5kg |
| M70-74 | 1.0kg | 4kg | 500g | 4kg |
| M75-79 | 1.0kg | 4kg | 500g | 4kg |
| M80+ | 1.0kg | 3kg | 400g | 3kg |
| W50-54 | 1.0kg | 3kg | 500g | 3kg |
| W55-59 | 1.0kg | 3kg | 500g | 3kg |

| | | | | |
|--------|-------|-----|------|-----|
| W60-79 | 1.0kg | 3kg | 400g | 3kg |
| W80+ | .75kg | 3kg | 400g | 3kg |

3. The competitors must not wear clothing that could impede the view of the judge

TRACK MINIMUM PERFORMANCE STANDARDS
(Shaded items indicate revised standards)

| MEN'S DIVISION | | | | | |
|-----------------------|--------------|--------------|--------------|--------------|---------------|
| Age | 100 M | 200 M | 400 M | 800 M | 1500 M |
| 50-54 | :14.00 | :28.70 | 1:06.20 | 2:32.10 | 5:19.00 |
| 55-59 | :14.00** | :29.10 | 1:06.40 | 2:36.40 | 5:24.20 |
| 60-64 | :14.30 | :29.80 | 1:07.80 | 2:40.20 | 5:35.10 |
| 65-69 | :14.70 | :30.90 | 1:11.20 | 2:50.40 | 6:03.80 |
| 70-74 | :16.00 | :32.40 | 1:17.00 | 3:05.20 | 6:51.80 |
| 75-79 | :16.90 | :36.90 | 1:27.60 | 3:39.00 | 7:58.00 |
| 80-84 | :19.50 | :44.20 | 1:43.80 | 5:06.00 | 10:23.60 |
| 85-89 | :25.50 | :58.90 | 2:51.30* | 6:44.80 | 16:05.00 |
| 90-94 | :51.90 | 1:03.00 | 3:30.00 | 7:00.20 | 16:05.00 |
| 95+ | :57.70 | 1:03.00 | 3:30.00 | 7:00.20 | 16:05.00 |

| WOMEN'S DIVISION | | | | | |
|-------------------------|--------------|--------------|--------------|--------------|---------------|
| Age | 100 M | 200 M | 400 M | 800 M | 1500 M |
| 50-54 | :17.20 | :35.20 | 1:21.60 | 3:10.40* | 6:35.10 |
| 55-59 | :17.20** | :36.60 | 1:28.70 | 3:32.10 | 7:03.00 |
| 60-64 | :18.00 | :38.80 | 1:35.10 | 3:40.80 | 7:17.00 |
| 65-69 | :18.40 | :41.50 | 1:42.00 | 3:50.00 | 7:55.00 |
| 70-74 | :20.60 | :44.20 | 1:48.20 | 4:29.80 | 9:10.00 |
| 75-79 | :22.20 | :47.80 | 2:13.90 | 5:02.30 | 13:38.70 |
| 80-84 | :26.80 | 1:07.30 | 3:48.70 | 6:11.80 | 15:20.70 |
| 85-89 | :39.80 | 1:46.70 | 4:17.00 | 9:30.00 | 16:30.00 |
| 90+ | :44.20 | 1:46.70 | 4:21.80 | 9:30.00 | 16:30.00 |

FIELD MINIMUM PERFORMANCE STANDARDS

| MEN'S DIVISIONS | | | | | | |
|------------------------|------------------|------------------|-----------------|---------------|----------------|-------------------|
| Age | Long Jump | High Jump | Shot Put | Discus | Javelin | Pole Vault |
| 50-54 | 14'11" | 4'10" | 37'06" | 130'09" | 132'06" | 8'06" |
| 55-59 | 14'09" | 4'04" | 37'00" | 116'05" | 132'06"*** | 8'03" |
| 60-64 | 13'11" | 4'01" | 36'11" | 116'05"*** | 118'00" | 8'00" |
| 65-69 | 13'02" | 4'00" | 34'06" | 113'03" | 112'08" | 7'03" |
| 70-74 | 11'06" | 3'11" | 34'05" | 102'08" | 96'00" | 6'04" |
| 75-79 | 9'11" | 3'04" | 29'04" | 86'08" | 85'04" | 4'07" |
| 80-84 | 9'06" | 3'01" | 26'11"* | 72'05" | 69'04"* | 3'00" |
| 85-89 | 4'06" | 2'02" | 20'11" | 52'08" | 47'00" | 2'10" |
| 90+ | 3'11" | 2'02" | 11'08" | 38'00" | 22'04" | 2'10" |

| WOMEN'S DIVISIONS | | | | | | |
|--------------------------|------------------|------------------|-----------------|---------------|----------------|-------------------|
| Age | Long Jump | High Jump | Shot Put | Discus | Javelin | Pole Vault |

| | | | | | | |
|--------------|--------|---------|--------|---------|----------|-------|
| 50-54 | 11'00" | 3'06" | 27'04" | 68'10" | 67'00" | 4'00" |
| 55-59 | 10'06" | 3'03" | 25'07" | 60'10" | 65'03" | 4'00" |
| 60-64 | 9'01" | 3'03"** | 24'00" | 60'10" | 65'03"** | 4'00" |
| 65-69 | 9'00" | 2'10" | 22'05" | 57'03" | 58'02" | 4'00" |
| 70-74 | 8'00" | 2'08" | 21'00" | 55'09" | 50'05" | 4'00" |
| 75-79 | 5'11" | 2'05" | 17'08" | 45'05" | 44'10" | 4'00" |
| 80-84 | 5'01" | 2'02" | 14'07" | 37'00" | 33'08" | 3'00" |
| 85-89 | 2'06" | 1'10" | 11'10" | 20'08"* | 19'06" | 2'10" |
| 90+ | 2'06" | 1'10" | 7'00" | 10'04" | 14'00" | 2'10" |

MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS

* Original calculation was greater than 10% increase permitted. New MPS is exactly 10% greater than 2009 MPS.

**Original MPS and/or original calculations were more difficult than a younger age group. New MPS is equal to the MPS of the younger age group.