

TRACK & FIELD

**50-, 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 or athletes meeting this sport's NSGA minimum performance standards in competition at a 2012 NSGA qualifying games will qualify for the 2013 Summer National Senior Games.
2. All athletes who compete in hammer throw or triple jump at a 2012 NSGA qualifying games will qualify for the 2013 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 2013 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, 2013.

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
132 East Washington St., Suite 800
Indianapolis, IN 46204
(317) 261-0500
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
W60-74	1.0kg	3kg	400g	3kg
W75+	.75kg	2kg	400g	2kg

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

TRACK MINIMUM PERFORMANCE STANDARDS

(Shaded items indicate revised standards from the 2011 Summer National Senior Games)

Minimum Performance Standards (MPS) are based on results from the previous National Games. The 50 M Dash is a new event, therefore there are no previous results from the Summer National Senior Games to create MPS.

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	1:15.13	3:05.20	6:55.62
75-79	:16.90	:36.90	1:27.60	3:35.44	7:48.49
80-84	:18.94	:39.79	1:43.80	4:35.40	9:21.24
85-89	:23.99	: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	3:25.01	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	:21.99	:46.84	2:13.90	5:02.30	13:00.98
80-84	:26.80	1:07.30	3:48.70	6:11.80	14:24.85
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	Triple Jump	Shot Put	Discus	Javelin	Pole Vault	Hammer
50-54	4.55	1.49	8.52	11.43	39.85	40.39	2.60	29.00
55-59	4.50	1.37	8.51	11.28	35.91	40.39	2.60	27.20
60-64	4.24	1.26	7.52	11.25	35.48	38.49	2.43	25.10
65-69	4.01	1.22	7.52	10.52	34.52	34.34	2.21	25.00
70-74	3.50	1.14	7.43	10.49	31.29	30.23	2.12	22.60
75-79	3.04	1.04	5.10	8.94	26.42	26.96	1.53	20.70
80-84	2.90	.95	3.94	8.72	22.73	21.29	.91	20.00
85-89	1.37	.73	2.94	6.38	16.05	14.33	.86	16.00
90+	1.19	.66	2.00	3.92	11.58	6.81	.86	14.00

WOMEN'S DIVISIONS								
Age	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault	Hammer
50-54	3.25	1.07	6.60	8.33	20.98	20.42	1.22	19.30
55-59	3.20	.99	4.30	7.87	18.72	19.89	1.22	19.00
60-64	3.05	.99	4.30	7.32	18.54	19.89	1.22	14.28
65-69	2.74	.86	3.90	6.83	17.45	17.73	1.22	10.10
70-74	2.43	.82	3.30	6.40	16.99	15.37	1.22	10.10
75-79	2.10	.78	3.20	5.92	13.84	13.67	1.22	9.50
80-84	1.55	.66	2.70	4.45	11.53	10.26	.91	7.00
85-89	.84	.56	2.50	3.97	6.93	5.95	.86	6.00
90+	.76	.56	2.30	2.13	3.15	4.27	.86	5.00