



2024 SAN DIEGO SENIOR GAMES
TRACK AND FIELD COMPETITION
SUNDAY, SEPTEMBER 15, 2024
AT SAN DIEGO MESA COMMUNITY COLLEGE



TENTATIVE TIME SCHEDULE as of May 22, 2024

COMPETE IN 5-YEAR AGE GROUPS, MEN/WOMEN, AGES 50 AND UP.

MEDALS FOR TOP 3 IN ALL AGE / GENDER CATEGORIES.

MEET WILL BE USATF SANCTIONED, AND RUN ACCORDING TO ALL APPROPRIATE USATF & NSGA RULES. THIS MEET IS NOT A QUALIFIER FOR THE NATIONAL SENIOR GAMES

GO TO YOUR EVENT 30 MINUTES BEFORE START TIME TO CHECK IN

TRACK EVENTS

- 9:00 am.....3000M RUN
- 9:20 am.....1500M RACE WALK
- 9:35 am.....80M/100M HURDLES
- 10:00 am.....1500M POWER WALK
- 10:15 am.....1500M
- 10:40 am.....100M
- 11:35 am.....400M
- 11:55 am.....GRANDPARENT/GRANDCHILD RELAY (50M X 50M), SIGN UP ON-SITE
- 12:20 pm.....200H/300H
- 12:35 pm.....50M
- 1:15 pm.....800M
- 1:40 pm.....200M

AWARDS

- 10:30 am.....1500M [ALL], 80M/100M HURDLES, POLE VAULT & LONG JUMP
- 11:25 am.....JAVELIN, HAMMER
- 12:10 pm.....100M & 400M
- 1:30 pm.....INT. HURDLES, 50M, 800M, TRIPLE JUMP, HIGH JUMP
- 2:15 pm.....200M, SHOT PUT, DISCUS

- ALL COMPETITORS MUST WEAR A RUNNING TOP/T-SHIRT SHORTS & SHOES.
- SPIKES ARE NOT REQUIRED.
- FOR TRACK EVENTS, IF WEARING SPIKES: 3/16" PYRAMID SPIKES ONLY.

FIELD EVENTS

- 7:45 to 11:30 am.....IMPLEMENT WEIGH IN
- 8:30 am.....JAVELIN 4 THROWS ONLY ALL Flights
 - Flight 1 - ALL WOMEN
 - Flight 2 - MEN 50-69
 - Flight 3 - MEN 70 & UP
- 8:30 am.....HAMMER 4 THROWS ONLY ALL Flights
 - Flight 1 - MEN 50-69
 - Flight 2 - MEN 70 & UP
 - Flight 3 - ALL WOMEN
- 9:00 am.....POLE VAULT
 - WOMEN AND MEN TOGETHER
- 9:00 am.....LONG JUMP 4 JUMPS ONLY ALL Flights
 - Flight 1 - ALL WOMEN
 - Flight 2 - MEN 65 UP
 - Flight 3 - MEN 50-64
- 11:00 am.....TRIPLE JUMP 4 JUMPS ONLY ALL Flights
 - Flight 1 - ALL WOMEN
 - Flight 2 - ALL MEN
- 11:00 am.....HIGH JUMP
 - WOMEN FOLLOWED BY MEN
- 11:30 am.....SHOT PUT 4 THROWS ONLY ALL Flights
 - Flight 1 - ALL WOMEN
 - Flight 2 - MEN 50-69
 - Flight 3 - MEN 70 & UP
- 11:30 am.....DISCUS** 4 THROWS ONLY ALL Flights
 - Flight 1 - MEN 70 & UP
 - Flight 2 - ALL WOMEN
 - Flight 3 - MEN 50-69

- **NO RUBBER DISCUS

QUESTIONS - CONTACT US AT
www.sdseniorgames.org