

**2016 SAN DIEGO SENIOR GAMES TRACK AND FIELD COMPETITION
SUNDAY, SEPTEMBER 18, 2016**

SAN DIEGO MESA COMMUNITY COLLEGE

TRACK EVENTS **MUST WEAR 3/16" PYRAMID SPIKES ONLY**

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

ENTRY DEADLINE TUESDAY SEPTEMBER 6, 2016

***TRACK EVENTS**

9:30 am 3000M RUN
9:50 am 80M/100M HURDLES
10:10 am 1500M
10:25 am 1500 RACE WALK
10:40 am AWARDS 3000M & 80/100M HURDLES, PV, JAV & LJ
10:50 am 100M
11:20 am AWARDS 1500M & 150MM RACE WALK, SHOT PUT & TJ
11:30 am 400M
11:50 am GRANDPARENT/GRANDCHILD RELAY (50M X 50M), SIGN UP
12:10 pm AWARDS 100m & 400m
12:20 pm 300H/400H
12:25 pm 50M
1:05 pm 800M
1:15 pm AWARDS INT. HURDLES, 50m, DISCUS & HIGH JUMP
1:25 pm 200M
2:00 pm AWARDS 800m, 200m & HAMMER [UPON COMPLETION]

***FIELD EVENTS (OLDEST TO YOUNGEST, WOMEN TO MEN)**

+++GO TO YOUR EVENT 30MIN BEFORE START TIME TO CHECK IN+++

9:00 am **POLE VAULT** WOMEN AND MEN TOGETHER
9:00 am **JAVELIN** (FLIGHT 1 - ALL WOMEN, MEN 65 UP, 4 THROWS ONLY) (FLIGHT 2 - MEN 50-64, 4 THROWS ONLY)
9:00 am **LONG JUMP** (FLIGHT 1 - ALL WOMEN, MEN 65 UP, 4 JUMPS ONLY) (FLIGHT 2 - MEN 50-64, 4 JUMPS ONLY)
10:30 am **SHOT PUT** (FLIGHT 1 - ALL WOMEN, MEN 65 UP, 4 THROWS ONLY) (FLIGHT 2 - MEN 50-64, 4 THROWS ONLY)
10:30 am **TRIPLE JUMP** (FLIGHT 1 - ALL WOMEN, MEN 65 UP, 4 JUMPS) (FLIGHT 2 - MEN 50-64, 4 JUMPS ONLY)
12:00 pm **DISCUS** (FLIGHT 1 - ALL WOMEN, MEN 65 UP, 4 THROWS) (FLIGHT 2 - MEN 50-64, 4 THROWS ONLY)
12:00 pm **HIGH JUMP** WOMEN AND MEN TOGETHER
1:30 pm **HAMMER** (FLIGHT 1 - ALL WOMEN, MEN 65 UP, 4 THROWS ONLY) (FLIGHT 2 - MEN 50-64, 4 THROWS ONLY)

IMPLEMENT WEIGH IN 8-10AM & 11AM-1PM

****MEDALS FOR TOP 3 IN ALL AGE CATEGORIES**

**MEET WILL BE USATF SANCTIONED, AND RUN ACCORDING TO ALL APPROPRIATE
USATF & NSGA RULES**

NOTE: ALL COMPETITORS MUST WEAR A RUNNING TOP/T-SHIRT SHORTS & SHOES

REGISTRATION CLOSSES SEPT. 6, 2016 -NO DAY OF REGISTRATION!!

QUESTIONS - CONTACT US AT www.sdseniorgames.org