

TRACK & FIELD

Saturday, October 3, 2020

Entry Deadline, September 19, 2020

Shawnee High School
1001 N Kennedy Avenue
Shawnee, OK 74801
Shawnee, OK 74804

EVENTS

Track Events: 50, 100, 200, 400, 800, 1500 Meter Run

Age and Gender Graded 4 x 100 Relay (not a qualifying event)

Field Events: Discus, Hammer Throw, High Jump, Javelin, Long Jump, Pole Vault, Shot Put, Triple Jump

Check in: 8:00 am

Events begin: 9:00 am

ENTRY REGULATIONS

1. Runners may use running flats or 1/8" spikes. All footwear and apparel must be provided by the athlete and must comply with USATF Rule 143. All athletes must wear some type of shirt and shoes.
2. Athletes are permitted to use their own implements. Implements will be pooled. Athletes are encouraged to share their implements with competitors who do not have their own. 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.

FORMAT

1. All Track events are timed finals.
2. The order of events will be from youngest to oldest in running events, while field events will be on assigned order.
3. In the field events, competitors will have until the start of the next event to complete their throws or jumps.
4. All Track events will be held on a synthetic surface.

SPORT RULES

1. This meet will be conducted in accordance with USA Track & Field (USATF) rules, except as modified herein. For a copy of these rules, visit or contact:

USA Track & Field

One RCA Dome Suite 140

Indianapolis, IN 46225

(317) 261-0500

www.usatf.org

2. Following are the weights of the various implements to be used for each gender and age category:

Age Division	Discus	Hammer	Javelin	Shotput
M 50-54	1.5 kg	6 kg	700 g	6 kg
M 55-59	1.5 kg	6 kg	700 g	6 kg

M 60-64	1.0 kg	5 kg	600 g	5 kg
M 65-69	1.0 kg	5 kg	600 g	5 kg
M 70-74	1.0 kg	4 kg	500 g	4 kg
M 75-79	1.0 kg	4 kg	500 g	4 kg
M 80+	1.0 kg	3 kg	400 g	3 kg
W 50-54	1.0 kg	3 kg	500 g	3 kg
W 55-59	1.0 kg	3 kg	500 g	3 kg
W 60-74	1.0 kg	3 kg	500 g	3 kg
W 75+	.75 kg	2 kg	400 g	2 kg

- Discus: M50+/1.5kg; M60+/1.0kg; W50+ 1.0 kg; W75+/.75kg
- Javelin: M50+/700g; M60+/600g; M70+/500g; M80+/400g; W50+/500g; W75+/400g
- Shotput: M50+/6kg; M60+/5kg; M70+/4kg; M80+/3kg; W50+/3kg; W75+/2kg

3. The **age and gender graded 4 X 100M relay teams** will be formed at the field prior to noon. Teams may be composed of any combination of ages and sexes. Any Oklahoma Senior Games registered athlete and all volunteers at the track and field meet are eligible to compete in this event. Medals will be awarded to first, second and third place team winners.

STATE DIRECTOR

Regina Stewart

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2020 is a year in which to qualify for NSGA competition in Fort Lauderdale, Florida November 5 – 18, 2021.

For more information about national competition go to: NSGA.com

1. All first, second, third and fourth place winners in each event, gender and age group or athletes meeting this sport's NSGA minimum performance standards in competition at a 2020 NSGA qualifying game will qualify to compete in the 2021 National Senior Games.
2. All athletes who compete in hammer throw at a 2020 NSGA qualifying game will qualify for the 2021 National Senior Games.
3. Athletes that qualify for and compete in the 50, 100, 200, 400 or 800 meter events at the 2021 National Senior Games will be eligible to compete in the 4 X 100-meter relay. Athletes cannot qualify to compete in the relay event except in this manner. 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, 2021.
4. Oklahoma is an "Open" state. This means Oklahoma Senior Games allows participation by out-of-state athletes.
5. Track and Field allows for four resident qualifiers in each event, gender and age division. Oklahoma qualifies four Oklahoma residents in addition to any top four finishing out-of-state athletes. This means that if the top four places are all filled with out-of-state athletes, Oklahoma residents who place in the next four positions qualify for the 2021 National Senior Games. Oklahoma would then qualify eight athletes for the national senior games in that event, gender and age division.
6. All first-, second-, third- and fourth-place winners or athletes meeting this sport's NSGA minimum performance standards in competition at a 2018 NSGA qualifying games will qualify for the 2019 National Senior Games.

Oklahoma Senior Games 2020 Track and Field Schedule

Shawnee High School
1001 N Kennedy Avenue, Shawnee, OK 74801

This schedule is subject to minor changes

Track Events

9:00 am Track Meet Begins

- 9:00** 400 Meter All Ages M & W
- 9:30** 1500 Meter Race Walk All Ages M & W
- 10:00** 50 Meter All Ages M & W
- 10:20** 1500 Meter Run All Ages M & W
- 10:45** 100 Meter All Ages M & W
- 11:15** 1500 Meter Power Walk All Ages M & W
- 11:40** 800 Meter All Ages M & W
- 12:10** 200 Meter All Ages M & W
- 12:45** **Age and Gender 4 X 100 Relays**
Teams sign up at the field before 12:00

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Field Events

9:00 am Field Events Begin

9:00 First Three Events

Discus All Ages; Men 1st; Women 2nd
Standing Long Jump All Ages M & W
Women 1st, Men 2nd Long Jump Pit
Shotput All Ages; Women 1st, Men 2nd. Ring

10:30 Second Three Events

Hammer All Ages Men 1st, Women 2nd
Cage
Triple Jump All Ages Women 1st, Men 2nd
Long Jump Pit
Javelin All Ages Women 1st, Men 2nd Field

11:30 Third Event

12:00 Long Jump All Ages
Men 1st, Women 2nd Long Jump Pit

12:45 Fourth Events

Pole Vault M & W
High Jump M & W

TRACK MINIMUM PERFORMANCE STANDARDS METRIC

These only apply if you did not place as one of the top four in your age bracket during the Oklahoma Senior Games competition. You would still qualify for national competition if you posted the following times or better.

MEN

Age	50 M	100 M	200 M	400 M	800 M	1500 M
50-54	:7.51	:13.89	:28.49	01:06.20	02:32.10	05:19.00
55-59	:7.51	:14.00	:28.74	01:06.40	02:35.14	05:24.20
60-64	:7.77	:14.30	:29.80	01:07.80	02:36.40	05:35.10
65-69	:8.15	:14.70	:30.90	01:11.20	02:50.40	06:03.80
70-74	:8.33	:15.62	:32.37	01:15.13	03:05.20	06:46.90

75-79	:9:27	:16.39	:36.90	01:27.60	03:35.44	07:48.49
80-84	:10.54	:18.94	:39.79	01:42.87	04:11.66	08:47.37
85-89	:11.79	:21.59	:51.17	02:18.75	05:30.32	13:01.62
90-94	:14.87	:46.71	01:03.0	03:30.00	07:00.20	16:05.00
95+	:16.54	:57.70	01:03.0	03:30.00	07:00.20	16:05.00

WOMEN

Age	50 M	100 M	200 M	400 M	800 M	1500 M
50-54	:8.62	:16.35	:35.20	01:21.60	03:10.40	06:35.10
55-59	:8.62	:16.36	:35.52	01:22.89	03:18.64	07:03.00
60-64	:8.73	:16.61	:36.19	01:32.44	03:39.72	07:17.00
65-69	:9.25	:17.89	:37.42	01:38.77	03:50.00	07:55.00
70-74	:10.34	:19.67	:41.94	01:44.17	04:11.21	09:10.00
75-79	:11.18	:21.99	:46.84	01:55.20	05:02.30	10:55.47
80-84	:14.55	:25.28	01:06.55	03:06.74	06:11.80	13:44.30
85-89	:23.83	:35.82	01:46.70	04:17.00	08:37.32	16:30.00
90+		:44.20	01:46.70	04:21.80	09:30.00	16:30.00

FIELD MINIMUM PERFORMANCE STADARDS METRIC

MEN

Age	Long J	HighJ	Trpl J	Shot	Discus	Javelin Pole	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	8.52	11.28	35.91	40.39 2.60	27.20
60-64	4.46	1.28	8.27	11.28	35.91	38.61 2.60	27.20
65-69	4.01	1.22	7.70	10.55	34.95	34.49 2.43	27.20
70-74	3.65	1.17	7.43	10.49	31.29	31.03 2.21	27.20
75-79	3.04	1.08	6.09	9.07	26.73	27.26 1.53	22.18
80-84	2.90	0.99	4.97	9.06	22.73	22.65 1.10	21.72
85-89	1.73	0.84	2.94	7.07	17.30	17.34 0.86	17.60
90-94	1.19	0.66	2.00	4.41	11.58	9.06 0.86	14.00
95-99	1.19	0.66	2.00	3.41	6.2	6.81 0.86	5.00
100+	1.19	0.66	2.00	3.05	6.2	5.00 0.86	5.00

WOMEN

Age	Long J	High J	Trpl J	Shot	Discus	Javelin Pole	Hammer
50-54	3.37	1.07	6.60	8.94	22.40	21.15 1.22	19.30
55-59	3.37	1.04	4.73	8.93	22.40	21.15 1.22	19.30
60-64	3.05	0.99	4.73	8.52	21.74	20.48 1.22	19.30
65-69	2.92	0.99	4.73	7.51	17.45	17.73 1.22	14.78
70-74	2.43	0.90	4.21	6.40	16.99	15.37 1.22	12.22
75-79	2.22	0.78	3.52	6.40	15.81	13.92 1.22	11.11
80-84	1.57	0.66	3.52	6.09	13.51	11.18 0.91	7.70
85-89	0.84	0.56	2.50	4.37	7.62	5.95 0.86	6.00
90+	0.76	0.56	2.30	2.13	3.15	4.27 0.86	5.00

FIELD MINIMUM PERFORMANCE STADARDS (English)

MEN

Age	Long Jump	High Jump	Triple Jump	Shot	Discus	Javelin	Pole	Ham
50-54	14' 11.25"	4' 10.5"	27' 11.5"	37' 6"	130' 9"	132' 6"	8' 6.25"	95' 1.75"
55-59	14' 7.25"	4' 7"	27' 11.5"	37' 0"	117' 9.75"	132' 6"	8' 6.25"	89' 2.75"
60-64	14' 7.25"	4' 5"	27' 1.5"	37' 0"	117' 9.75"	126' 8"	8' 6.25"	89' 2.75"
65-69	13' 2"	4' 0"	25' 3.25"	34' 7.5"	114' 8"	113' 1.75"	7' 11.75"	89' 2.75"
70-74	11' 11.75"	3' 10"	24' 4.5"	34' 5"	102' 8"	101' 9.75	7' 3"	89' 2.75"
75-79	9' 11.75"	3' 6.5"	19' 11.75"	29' 9"	87' 8.5"	89' 5.25"	5' 0.25"	72' 9.75"
80-84	9' 6"	3' 3"	16' 3.75"	29' 9"	74' 6.75"	69' 10.25"	3' 7.25"	71' 3"
85-89	5' 8"	2' 8"	9' 7.75"	23' 2.25"	56' 9"	51' 8.5"	2' 10"	57' 9"
90-95	3' 10.75	2' 2"	6' 6.75"	15' 11"	37' 11.75"	27' 0.25"	2' 10"	45' 11"
95-99	3' 10.75	2' 2"	6' 6.75"	11' 3.5"	20' 4"	22' 4"	2' 10"	16' 5"
100+	3' 10.75	2' 2"	6' 6.75	10' 0"	20' 4"	16' 10"	2' 10"	16' 5"

WOMEN

Age	Long Jump	High Jump	Triple Jump	Shot	Discus	Javelin	Pole	Hammer
50-54	11' 0.75"	3' 6"	21' 7.75"	29' 4"	73' 5.75"	67' 11.25"	4' 0"	63' 4"
55-59	11' 0.75"	3' 4"	15' 6.25"	29' 4"	73' 5.75"	69' 4.5"	4' 0"	63' 4"
60-64	10' 0"	3' 2"	15' 6.25"	27' 11.5"	61' 1"	65' 3"	4' 0"	63' 4"
65-69	9' 7"	3' 2"	15' 6.25"	24' 7.75"	57' 3"	58' 2"	4' 0"	48' 6"
70-74	7' 11.5"	2' 11.5"	13' 9.75"	21' 0"	55' 9"	50' 5.25	4' 0"	40' 1"
75-79	7' 3.5"	2' 6.75"	11' 6.5"	21' 0"	51' 10.5"	45' 8"	4' 0"	33' 1.75"
80-84	5' 2"	2' 2"	11' 6.5"	18' 2.75"	40' 3.5"	36' 8"	2' 11.75"	25' 3.25"
85-89	2' 9"	1' 10"	8' 2.5"	19' 11.75"	22' 8.75"	19' 6.25"	2' 10"	19' 8.25"
90-95	2' 6"	1' 10"	7' 6.5"	14' 4"	10' 4"	14' 0"	2' 10"	16' 4.75"
95-99	2' 6"	1' 10"	7' 6.5"	6' 11.75"	10' 4"	14' 0"	2' 10"	16' 4.75"
100+	2' 6"	1' 10"	7' 6.5	6' 11.75"	10' 4"	14' 0"	2' 10"	16' 4.75"

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