

## **TRACK & FIELD EVENTS**

Discus  
High Jump  
Javelin  
Long Jump  
Shot Put  
Triple Jump  
50-meter  
100-meter  
200-meter  
400-meter  
800-meter  
1500-meter

## **FLORIDA SENIOR GAMES QUALIFYING RULES**

Top 5 in each age group at Florida Senior Games Series Qualifier. (Note: qualifying is only applicable to Florida residents).

## **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. Certified implements will be provided for all events and age groups. In addition, athletes shall be permitted to use their own implements, provided they have been certified by the weigh-in official. Athletes who wish to use their own implements shall agree to all certification procedures including but not limited to, marking, impounding, etc.

## **FORMAT**

1. All Track events are timed finals.
2. The order of events will be from oldest to youngest 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. For a copy of these rules, visit or contact:

**USA Track & Field**  
**132 East Washington Street, Suite 800**  
**Indianapolis, IN 46204**  
**(317) 261-0500**  
**[www.usatf.org](http://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
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	500g	3kg
W75+	.75kg	2kg	400g	2kg