

**NEVADA SENIOR GAMES XXXVI
2017 TRACK & FIELD EVENT INFORMATION**

Friday, Oct. 13th – Saturday, Oct. 14th – Sunday, Oct. 15th

ORDER OF EVENTS

Friday, October 13th 7 AM Saturday, October 14th 7 AM Sunday, October 15th 8 AM

<u>Time</u>	<u>Events</u>	<u>Time</u>	<u>Events</u>	<u>Time</u>	<u>Events</u>
7:00 am	Wt Pentathlon Hammer 45-69	7:00 am	Shot Put 70-75+	8:00 am	10K M/W
8:00 am	Wt Pentathlon Hammer 70-75+	7:00 am	Hammer 45-69	8:00 am	Javelin 70-75+
7:00 am	Wt Pentathlon Shot Put 70-75+	8:00 am	5K M/W	8:30 am	Pole Vault 45-75+
8:00 am	Wt Pentathlon Shot Put 45-69	8:30 am	Shot Put 45-69	8:30-10 am	Standing Long Jump
		8:30 am	Hammer 70-75+	9:30 am	Javelin 45-69
9:00 am	Wt Pentathlon Discus 70-75+	8:30 am	Hurdles 110m	10:30 am-noon	Triple Jump
		8:45 am	Hurdles 100m	11:30 am	Weight Throw 45-75+
10:00 am	Softball Throw Open	8:50 am	Hurdles 80m		
11:30 am	Wt Pentathlon Javelin 70-75+	9:00 am	5K Race Walk		
12:30 pm	Wt Pentathlon Javelin 45-69	9:00 am	High Jump		
1:00 pm	Wt Pentathlon Wt Throw 70-75+	10:00 am	Long Jump Open		
2:00 pm	Wt Pentathlon Wt Throw 45-69	10:00 am	Discus 45-69		
		10:00 am	50m Dash		
		10:30 am	1,500m Run		
		10:45 am	400m Run		
		11:15 am	100m Dash		
		11:30 am	Discus 70-75+		
		11:45 am	1,500m Race Walk		
		12:00 noon	800m Run		
		12:30 pm	200m Dash		
		1:00 pm	300m Hurdles		
		1:30 pm	400m Hurdles		

Note:
With the exception of poles for the Pole Vault, implements for Discus, Hammer, Javelin, Shot Put and Weight Throw will be available for use.
Athletes are encouraged to bring their own implements. All implements must be certified by the Track & Field Committee.
The 5K and 10K events will be run through the UNLV campus, beginning at the track.

No entries will be accepted on the day of the event.

Note:
Age Groups have been combined in Flights (not for scoring) to speed up the events. If there are less than 20 participants in a field event we will have two flights only in that event. There is a possibility that men and women will throw and jump in the same flight. Because of our large numbers you will be allowed only four (4) throws or jumps. Softball Throw, Long Jump, Standing Long Jump, Triple Jump are open events. This means you have 90 minutes to complete your four attempts. High Jump and Pole Vault will be handled in the normal fashion. You enter at your chosen height. You will be eliminated after three (3) failed attempts at last height attempted. No bigger than ¼" spikes allowed.

Field Event Implement Weight Standards

Division/age	Discus	Hammer	Javelin	Shot Put	Wt. Throw
M/45 – 49	2.0 kg	7.25 kg	800 g	7.25 kg	35 lb.
M/50 - 59	1.5 kg	6.00 kg	700 g	6.00 kg	25 lb.
M/60 – 69	1.0 kg	5.00 kg	600 g	5.00 kg	20 lb.
M/70 – 79	1.0 kg	4.00 kg	500 g	4.00 kg	16 lb.
M/80+	1.0 kg	3.00 kg	400 g	3.00 kg	12 lb.
W/45 – 49	1.0 kg	4.00 kg	600 g	4.00 kg	20 lb.
W/50 – 59	1.0 kg	3.00 kg	500 g	3.00 kg	16 lb.
W/60 - 74	1.0 kg	3.00 kg	500 g	3.00 kg	12 lb.
W/75+	.75 kg	2.00 kg	400 g	2.00 kg	8.8 lb.