

**2021 NEVADA SENIOR GAMES TRACK AND FIELD
ORDER OF EVENTS
Meet will Run on a Rolling Schedule**

Friday, October 8 th	7:00 AM	Saturday, October 9 th	7:00 AM	Sunday, October 10 ^h	8:00 AM
<u>Time</u>	<u>Events</u>	<u>Time</u>	<u>Field Events</u>	<u>Time</u>	<u>Events</u>
7:00 am	Wt Pentathlon Hammer Wt Pentathlon Shot Put Wt Pentathlon Discus Wt Pentathlon Javelin Wt Pentathlon Wt. Throw	7:00 am	Shot Put M/W	8:00 am	Javelin M/W
		7:00 am	Hammer M/W	8:30 am	Pole Vault M/W
		9:00 am	High Jump M/W	8:30 am	Standing Long Jump M/W Open
		10:30 am	Triple Jump M/W Open	9:30 am	Wt Throw M/W
		12:00 noon	Discus M/W	10:30 am	Long Jump M/W Open

Times are approximate. Next flight will be started as soon as previous flight is finished. Each flight will get a warm-up period of 20 minutes. Participants will have an option to have (or not have) a 30 minute break between events.

Running Events

10:00 am	Softball Throw M/W Open	8:30 am	100M Hurdles M/W
			80M Hurdles M/W
			5K Race/Power Walk M/W
			50M Dash M/W
			1500M Run M/W
			400M Dash M/W
			100M Dash M/W
			1500M Race/Power Walk M/W
			800M Run M/W
			200M Dash M/W
			300M Hurdles M/W

Note:

Age Groups have been combined in Flights (not for scoring) to speed up the events. If there are more than 20 participants in a field event the participants will be divided into flights for 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.** For Pole Vault and High Jump the lowest starting height level must be above the Pit height. You will be eliminated after three (3) failed attempts at last height attempted.

Note:

Athletes are encouraged to bring their own implements. All implements must be certified by the Track & Field Committee. However, **with the exception of poles for the Pole Vault, implements for Discus, Hammer, Javelin, Shot Put and Weight Throw will be available for use.**

No bigger than ¾" spikes allowed.

The 5K and 10K Road Race events will be run October 23 in Boulder City in conjunction with The Pumpkinman Road Races.

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

Field Event Implement Weight Standards

Division/age	Discus	Hammer	Javelin	Shot Put	Wt. Throw
M/45 – 49	2.0 kg	7.26 kg	800 g	7.26 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.