

**2019 NEVADA SENIOR GAMES TRACK AND FIELD
ORDER OF EVENTS**

MEET WILL RUN ON A ROLLING SCHEDULE

Friday, October 11	7:00 a.m.	Saturday, October 12	7:00 a.m.	Sunday, October 13	8:00 a.m.
<u>Time</u>	<u>Events</u>	<u>Time</u>	<u>Events</u>	<u>Time</u>	<u>Events</u>
7:00 a.m.	Weight Pentathlon Hammer Shot Put Discus Javelin Weight Throw	7:00 a.m.	Shot Put M/W	8:00 a.m.	Javelin M/W
		7:00 a.m.	Hammer M/W	8:30 a.m.	Pole Vault M/W
		9:00 a.m.	High Jump M/W	8:30 a.m.	Standing Long Jump M/W Open
10:00 a.m.	Softball Throw M/W Open	10:30 a.m.	Triple Jump M/W	9:30 a.m.	Wgt. Throw M/W
		12:00 noon	Discus M/W	10:30 a.m.	Long Jump M/W Open

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

NOTE: Athletes are encouraged to bring their own implements. All implements must be certified by the Track and Field committee. However, **with the exception of poles for the Pole Vault, other implements are available for use.** **No bigger than ¾” spikes will be allowed.** **No entries will be accepted the day of the event.**

Running Events

8:30 a.m.	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 may be combined, not for scoring, but to speed up the event. If there are more than 20 entrants in a field event, the event will be divided into flights. Men and women may be in the same flight. Because of a large number of entrants, only four (4) jumps or throws will be allowed. **In the Open events you have only 90 minutes to complete your 4 attempts.** For Pole Vault and High Jump the lowest starting height must be above the pit height. You will be eliminated after 3 failed attempts at last height attempted.

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.