

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

1 Mile Fun Walk (not a qualifying event)

FLORIDA SENIOR STATE GAMES

Top 5 in each age group qualify for the Florida Senior State Games.

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, 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:
 - 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 competitors must not wear clothing that could impede the view of the judges.

STATE DIRECTOR

Tony Tussing (386) 734-6389

zmelt@cfl.rr.com