

**2022 CALIFORNIA SENIOR STATE CHAMPIONSHIPS
TRACK AND FIELD COMPETITION**

SUNDAY, SEPTEMBER 18, 2022 at SAN DIEGO MESA COMMUNITY COLLEGE

[AGES 50 AND UP. COMPETE IN 5 YEAR AGE GROUPS BY GENDER.]

ENTRY DEADLINE FRIDAY SEPTEMBER 9, 2022 (NO DAY OF REGISTRATION!!)

QUESTIONS - CONTACT US AT www.sdseniorgames.org

TRACK EVENTS

9:00 am.....3000M RUN
9:20 am.....1500M RACE WALK
9:35 am.....1500M POWER WALK
9:50 am.....80M/100M HURDLES
10:15 am.....1500M
10:30 am.....AWARDS 1500M [ALL], 80/100H HURDLES, PV & LJ
10:40 am.....100M
11:15 am..... AWARDS JAVELIN, HAMMER
11:25 am.....400M
11:45 am.....GRANDPARENT/GRANDCHILD RELAY (50M X 50M)
12:00 pm.....AWARDS 100M & 400M
12:10 pm.....200H/300H/400H
12:25 pm.....50M
1:10 pm.....800M
1:25 pm.....AWARDS INT. HURDLES, 50M, 800M, TJ, HIGH JUMP
1:35 pm.....200M
2:05 pm.....AWARDS FOR 200M, SHOT PUT, DISCUS



FIELD EVENTS *CHECK-IN FOR EVENTS 30 MINUTES BEFORE START TIME*

7:45 -11:30 am.....**IMPLEMENT WEIGH IN**
8:30 am.....**JAVELIN**
.....FLIGHT 1 - MEN 50-64, 4 THROWS ONLY)
.....FLIGHT 2 - ALL WOMEN, MEN 65 UP, 4 THROWS ONLY
8:30 am.....**HAMMER**
.....FLIGHT 1 - ALL WOMEN, MEN 65 UP, 4 THROWS ONLY
.....FLIGHT 2 - MEN 50-64, 4 THROWS ONLY
9:00 am.....**POLE VAULT** WOMEN AND MEN TOGETHER
9:00 am.....**LONG JUMP**
.....FLIGHT 1 - ALL WOMEN, MEN 65 UP, 4 JUMPS ONLY
.....FLIGHT 2 - MEN 50-64, 4 JUMPS ONLY
11:00 am.....**TRIPLE JUMP**
.....FLIGHT 1 - ALL WOMEN, MEN 65 UP, 4 JUMPS
.....FLIGHT 2 - MEN 50-64, 4 JUMPS ONLY
11:00 am.....**HIGH JUMP** WOMEN AND MEN TOGETHER
11:30 am.....**SHOT PUT**
.....FLIGHT 1 - ALL WOMEN, MEN 65 UP, 4 THROWS ONLY
.....FLIGHT 2 - MEN 50-64, 4 THROWS ONLY
11:30 am.....**DISCUS** *NO RUBBER DISCUS*
.....FLIGHT 1 - MEN 50-64, 4 THROWS ONLY
.....FLIGHT 2 - ALL WOMEN, MEN 65 UP, 4 THROWS

IMPORTANT NOTES:

- SIGN UP REQUIRED FOR GRANDPARENT/ GRANDCHILD RELAY
- MEDALS FOR TOP 3 IN ALL AGE CATEGORIES.
- MEET WILL BE USATF SANCTIONED AND RUN ACCORDING TO APPROPRIATE USATF & NSGA RULES.
- COMPETITORS MUST WEAR A RUNNING TOP/T-SHIRT SHORTS & SHOES.
- SPIKES ARE NOT REQUIRED. TRACK EVENTS IF WEARING SPIKES; 3/16" PYRAMID SPIKES ONLY.