



2025 SAN DIEGO SENIOR GAMES
TRACK AND FIELD COMPETITION
SUNDAY, SEPTEMBER 14, 2025



AT SAN DIEGO MESA COMMUNITY COLLEGE

TENTATIVE TIME SCHEDULE as of July 20, 2025

COMPETE IN 5-YEAR AGE GROUPS, MEN/WOMEN, AGES 50 AND UP.

MEDALS FOR TOP 3 IN ALL AGE / GENDER CATEGORIES.

MEET WILL BE **USATF SANCTIONED**, AND RUN ACCORDING TO ALL APPROPRIATE USATF & NSGA RULES. THIS MEET IS **NOT** A QUALIFIER FOR THE NATIONAL SENIOR GAMES

GO TO YOUR EVENT 30 MINUTES BEFORE START TIME TO CHECK IN

TRACK EVENTS

9:00 am – 3000M RUN

9:20 am – 1500M RACE WALK

9:35 am – 80M/100M HURDLES

10:00 am – 1500M POWER WALK

10:15 am – 1500M

10:40 am – 100M

11:35 am – 400M

11:55 am – GRANDPARENT/GRANDCHILD
RELAY (50M X 50M), SIGN UP ON-SITE

12:20 pm – 200H/300H/400H

12:35 pm – 50M

1:15 pm – 800M

1:40 pm – 200M

AWARDS

10:30 am – 3000M, 1500M [ALL], 80M/100M
HURDLES, POLE VAULT & LONG JUMP

11:25 am – JAVELIN, HAMMER

12:10 pm – 100M & 400M

1:30 pm – INT. HURDLES, 50M, 800M,
TRIPLE JUMP, HIGH JUMP

2:15 pm – 200M, SHOT PUT, DISCUS

- ALL COMPETITORS MUST WEAR A RUNNING TOP/T-SHIRT SHORTS & SHOES.
- SPIKES ARE NOT REQUIRED.
- FOR TRACK EVENTS, IF WEARING SPIKES: 3/16" PYRAMID SPIKES ONLY.

FIELD EVENTS

7:45 to 11:30 am – **IMPLEMENT WEIGH IN**

8:30 am – JAVELIN 4 THROWS ONLY ALL Flights

- Flight 1 - ALL WOMEN
- Flight 2 - MEN 50-69
- Flight 3 - MEN 70 & UP

8:30 am – HAMMER 4 THROWS ONLY ALL Flights

- Flight 1 - MEN 50-69
- Flight 2 - MEN 70 & UP
- Flight 3 - ALL WOMEN

9:00 am – POLE VAULT

- WOMEN AND MEN TOGETHER

9:00 am – LONG JUMP 4 JUMPS ONLY ALL Flights

- Flight 1 - ALL WOMEN
- Flight 2 - MEN 65 UP
- Flight 3 - MEN 50-64

11:00 am – TRIPLE JUMP 4 JUMPS ONLY ALL Flights

- Flight 1 - ALL WOMEN
- Flight 2 - ALL MEN

11:00 am – HIGH JUMP

- WOMEN FOLLOWED BY MEN

11:30 am – SHOT PUT 4 THROWS ONLY ALL Flights

- Flight 1 - ALL WOMEN
- Flight 2 - MEN 50-69
- Flight 3 - MEN 70 & UP

11:30 am – DISCUS** 4 THROWS ONLY ALL Flights

- Flight 1 - MEN 70 & UP
- Flight 2 - ALL WOMEN
- Flight 3 - MEN 50-69

****NO RUBBER DISCUS**

QUESTIONS - CONTACT US:
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