



CAL STATE SENIOR GAMES

HOSTED BY

SAN DIEGO
Senior Games



Track and Field

SEPTEMBER 15, 2019

9:00am - 2:00pm

(SEPTEMBER 14, 2019 - Throws only)

Location:

San Diego Mesa College
7250 Mesa College Drive
San Diego, CA 92111

Entry fee is **\$35** per person + \$10 Sport Fee
Deadline - September 2, 2019

Includes:

- Medals for 1st, 2nd & 3rd place in each age division
- T-Shirt and Restaurant Passport
- Entry to Celebration of Athletes, September 20, 2019
Balboa Park (RSVP required)

Registration Opens June 1, 2019

Register first at:

SDSeniorGames.org



For More Information - **SDSeniorGames.org**

Commissioner Gary MacDonald (619) 850-9427 or coachgmac@cox.net

**2019 CALIFORNIA STATE CHAMPIONSHIPS
TRACK AND FIELD COMPETITION**

SATURDAY & SUNDAY, SEPTEMBER 14 & 15, 2019

JAVELIN & HAMMER ARE THE ONLY EVENTS ON SATURDAY

SAN DIEGO MESA COMMUNITY COLLEGE

TRACK EVENTS **MUST WEAR 3/16" PYRAMID SPIKES ONLY**

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

ENTRY DEADLINE TUESDAY SEPTEMBER 2, 2019

TRACK EVENTS

9:30 am 3000M RUN
9:50 am 80M/100M HURDLES
10:10 am 1500M RACE WALK
10:25 am 1500M
10:40 am AWARDS 3000M & 80/100M HURDLES, PV & LJ
10:50 am 100M
11:20 am AWARDS 1500M & 1500M RACE WALK, SHOT PUT & TJ
11:30 am 400M
11:50 am GRANDPARENT/GRANDCHILD RELAY (50M X 50M), SIGN UP
12:10 pm AWARDS 100m & 400m
12:20 pm 300H/400H
12:25 pm 50M
1:05 pm 800M
1:15 pm AWARDS INT. HURDLES, 50m, DISCUS & HIGH JUMP
1:25 pm 200M AWARDS FOR 800M & 200M TO FOLLOW

***FIELD EVENTS (OLDEST TO YOUNGEST, WOMEN TO MEN)**

+++GO TO YOUR EVENT 30MIN BEFORE START TIME TO CHECK IN+++

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)
9:00 am **SHOT PUT** (FLIGHT 1 - ALL WOMEN, MEN 65 UP, 4 THROWS ONLY) (FLIGHT 2 - MEN 50-64, 4 THROWS ONLY)
10:30 am **TRIPLE JUMP** (FLIGHT 1 - ALL WOMEN, MEN 65 UP, 4 JUMPS) (FLIGHT 2 - MEN 50-64, 4 JUMPS ONLY)
11:00 pm **DISCUS** (FLIGHT 1 - ALL WOMEN, MEN 65 UP, 4 THROWS) (FLIGHT 2 - MEN 50-64, 4 THROWS ONLY)

****NO RUBBER DISCUS**

12:00 pm **HIGH JUMP** WOMEN AND MEN TOGETHER
IMPLEMENT WEIGH IN 8-10AM & 11AM-1PM

SATURDAY SEPT. 14, 2019

9:00 am **JAVELIN** (FLIGHT 1 - ALL WOMEN, MEN 65 UP, 4 THROWS ONLY) (FLIGHT 2 - MEN 50-64, 4 THROWS ONLY)
11:00 am **HAMMER** (FLIGHT 1 - ALL WOMEN, MEN 65 UP, 4 THROWS ONLY) (FLIGHT 2 - MEN 50-64, 4 THROWS ONLY)

****MEDALS FOR TOP 3 IN ALL AGE CATEGORIES**

**MEET WILL BE USATF SANCTIONED, AND RUN ACCORDING TO ALL APPROPRIATE
USATF & NSGA RULES**

**NOTE: ALL COMPETITORS MUST WEAR A RUNNING TOP/T-SHIRT SHORTS & SHOES
REGISTRATION CLOSSES SEPT. 2, 2019 -NO DAY OF REGISTRATION!!**

QUESTIONS - CONTACT US AT www.sdseniorgames.org