



## 2021 CALIFORNIA SENIOR STATE CHAMPIONSHIPS

### AGE 50+ TRACK AND FIELD COMPETITION

SUNDAY, SEPTEMBER 19, 2021 AT UNIVERSITY CITY HIGH SCHOOL

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

MEDALS FOR TOP 3 IN ALL AGE CATEGORIES

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

ALL COMPETITORS MUST WEAR A RUNNING TOP/T-SHIRT SHORTS & SHOES

REGISTRATION CLOSSES SEPT. 8, 2021 - NO DAY OF REGISTRATION!!

QUESTIONS? - CONTACT US AT [www.sdseniorgames.org](http://www.sdseniorgames.org)

### TRACK EVENTS SCHEDULE

MUST WEAR 3/16 NEEDLES OR 1/4 PYRAMID SPIKES

9:00 am	<b>3000M RUN</b>
9:20 am	<b>1500M RACE WALK</b>
9:25 am	<b>1500M POWER WALK</b>
9:50 am	<b>80M/100M HURDLES</b>
10:15 am	<b>1500M</b>
10:30 am	AWARDS 3000M, 1500M RACE & POWER WALKS, 80/100M HURDLES
10:50 am	<b>100M</b>
11:20 am	AWARDS 1500M, SHOT PUT, POLE VAULT, LONG JUMP
11:30 am	<b>400M</b>
11:50 am	<b>GRANDPARENT/GRANDCHILD RELAY (50M X 50M)</b> , SIGN UP
12:10 pm	AWARDS 100M, 400M, TRIPLE JUMP
12:20 pm	<b>300M/400M HURDLES</b>
12:25 pm	<b>50M</b>
1:05 pm	<b>800M</b>
1:15 pm	AWARDS INT. HURDLES, 50M, DISCUS & HIGH JUMP
1:25 pm	<b>200M</b>
	AWARDS FOR 800M & 200M TO FOLLOW

FIELD EVENTS - NEXT PAGE

## **FIELD EVENTS SCHEDULE**

OLDEST TO YOUNGEST, WOMEN TO MEN.

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

IMPLEMENT WEIGH IN 7:30AM-12:30PM

- 8:30 am      **SHOT PUT**  
(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)
- 10:30 am     **DISCUS**  
(FLIGHT 1 - ALL WOMEN, MEN 65 UP, 4 THROWS ONLY)  
(FLIGHT 2 - MEN 50-64, 4 THROWS ONLY)  
**\*\*NO RUBBER DISCUS\*\***
- 11:00 am     **TRIPLE JUMP**  
(FLIGHT 1 - ALL WOMEN, MEN 65 UP, 4 JUMPS ONLY)  
(FLIGHT 2 - MEN 50-64, 4 JUMPS ONLY)
- 12:00 pm     **HIGH JUMP - WOMEN AND MEN TOGETHER**
- 1:00 pm      **JAVELIN**  
(FLIGHT 1 - ALL WOMEN, MEN 65 UP, 4 THROWS ONLY)  
(FLIGHT 2 - MEN 50-64, 4 THROWS ONLY)  
**\*\*JAVELIN RUNWAY AND LANDING AREA ARE ALL GRASS\*\***

CURRENTLY NO HAMMER THROW COMPETITION - NO SITE AVAILABLE. IF A SITE BECOMES AVAILABLE HAMMER WILL BE CONDUCTED ON SAT. SEPT. 18, 2021. REGISTRATION TBD. ALL REGISTERED THROWERS WILL BE INFORMED AS NECESSARY.

**REGISTRATION CLOSES SEPT. 8, 2021 - NO DAY OF REGISTRATION!!**

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