



## 2023 SAN DIEGO SENIOR GAMES TRACK AND FIELD COMPETITION

SAN DIEGO MESA  
COMMUNITY COLLEGE

SUNDAY, SEPTEMBER 17, 2023

**ENTRY DEADLINE: FRIDAY, SEPTEMBER 8, 2023**  
**NO DAY-OF REGISTRATION**

QUESTIONS: [www.sdseniorgames.org](http://www.sdseniorgames.org)

AGE 50 AND OLDER

COMPETE IN 5-YEAR AGE GROUPS BY GENDER

USATF SANCTIONED

USATF & NSGA RULES

MEDALS FOR TOP 3 IN ALL AGE CATEGORIES

RUNNING TOP/T-SHIRT & SHOES REQUIRED

### TRACK EVENTS SCHEDULE

<p>9:00am 3000M RUN</p> <p>9:20am 1500M RACE WALK</p> <p>9:35am 1500M POWER WALK</p> <p>9:50am 80M/100M HURDLES</p> <p>10:15am 1500M</p> <p>10:30am AWARDS: 1500M [ALL], 80/100H HURDLES, PV &amp; LJ</p> <p>10:40am 100M</p> <p>11:15am AWARDS: JAVELIN, HAMMER</p> <p>11:25am 400M</p> <p>11:45am GRANDPARENT/GRANDCHILD RELAY (50M X 50M), SIGN UP</p>	<p>12:00pm AWARDS: 100M &amp; 400M</p> <p>12:10pm 200H/300H/400H</p> <p>12:25pm 50M</p> <p>1:10pm 800M</p> <p>1:25pm AWARDS: INT. HURDLES, 50M, 800M, TJ, HIGH JUMP</p> <p>1:35pm 200M</p> <p>2:05pm AWARDS: 200M, SHOT PUT, DISCUS</p> <p>SPIKES ARE NOT REQUIRED IF WEARING SPIKES: 3/16" PYRAMID SPIKES ONLY</p>
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### FIELD EVENTS SCHEDULE

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

7:45 - 11:30am IMPLEMENT WEIGH-IN

<p>8:30 am JAVELIN</p>	<p>FLIGHT 1 - MEN 50-64, 4 THROWS ONLY</p> <p>FLIGHT 2 - ALL WOMEN, MEN 65 UP, 4 THROWS ONLY</p>
<p>8:30 am HAMMER</p>	<p>FLIGHT 1 - ALL WOMEN, MEN 65 UP, 4 THROWS ONLY</p> <p>FLIGHT 2 - MEN 50-64, 4 THROWS ONLY</p>
<p>9:00 am POLE VAULT</p>	<p>WOMEN AND MEN TOGETHER</p>
<p>9:00 am LONG JUMP</p>	<p>FLIGHT 1 - ALL WOMEN, MEN 65 UP, 4 JUMPS ONLY</p> <p>FLIGHT 2 - MEN 50-64, 4 JUMPS ONLY</p>
<p>11:00 am TRIPLE JUMP</p>	<p>FLIGHT 1 - ALL WOMEN, MEN 65 UP, 4 JUMPS</p> <p>FLIGHT 2 - MEN 50-64, 4 JUMPS ONLY</p>
<p>11:00 am HIGH JUMP</p>	<p>WOMEN AND MEN TOGETHER</p>
<p>11:30 am SHOT PUT</p>	<p>FLIGHT 1 - ALL WOMEN, MEN 65 UP, 4 THROWS ONLY</p> <p>FLIGHT 2 - MEN 50-64, 4 THROWS ONLY</p>
<p>11:30 am DISCUS (NO RUBBER DISCUS)</p>	<p>FLIGHT 1 - MEN 50-64, 4 THROWS ONLY</p> <p>FLIGHT 2 - ALL WOMEN, MEN 65 UP, 4 THROWS</p>