2026 SAN DIEGO SENIOR GAMES

TRACK AND FIELD COMPETITION

SUNDAY, SEPTEMBER 13, 2026

AT SAN DIEGO MESA COMMUNITY COLLEGE

COMPETE IN 5-YEAR AGE/GENDER GROUPS. MEDALS FOR TOP 3 IN ALL AGE/GENDER CATEGORIES.
MEET WILL BE **USATF SANCTIONED**, AND RUN ACCORDING TO APPROPRIATE USATF & NSGA RULES.

TENTATIVE TIME SCHEDULE as of August 1, 2026

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. IF WEARING SPIKES: 3/16" PYRAMID SPIKES ONLY.
– CLUB/TEAM SCORING NEW THIS YEAR. ENTER TEAM NAME DURING REGISTRATION.

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:
registration@sdseniorgames.org
www.sdseniorgames.org

THIS MEET IS **NOT** A QUALIFIER FOR THE NATIONAL SENIOR GAMES

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

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