

# TRACK & FIELD

**Saturday, October 5**

**Entry Deadline, September 21**

Oklahoma Baptist University  
500 W University  
Shawnee, OK 74804

## EVENTS

**Track Events:** 50, 100, 200, 400, 800, 1500 Meter, Handicapped 4 x 100 Relay (not a qualifying event)

**Field Events:** Discus, Hammer Throw, High Jump, Javelin, Long Jump, Pole Vault, Shot Put, Triple Jump  
Event schedule emailed one week prior to event.

Check in: 8:00 am

Events begin: 9:00 am

## ENTRY REGULATIONS

1. Runners may use running flats or 1/8" spikes. All footwear and apparel must be provided by the athlete and must comply with USATF Rule 143. All athletes must wear some type of shirt and shoes.
2. Athletes are permitted to use their own implements. Implements will be pooled. Athletes are encouraged to share their implements with competitors who do not have their own. Athletes who wish to use their own implements shall agree to all certification procedures including but not limited to, marking, impounding, etc. Athletes must provide their own vaulting poles.

## FORMAT

1. All Track events are timed finals.
2. The order of events will be from youngest to oldest in running events, while field events will be on assigned order.
3. In the field events, competitors will have until the start of the next event to complete their throws or jumps.
4. All Track events will be held on a synthetic surface.

## SPORT RULES

1. This meet will be conducted in accordance with USA Track & Field (USATF) rules, except as modified herein. For a copy of these rules, visit or contact:

**USA Track & Field**

**One RCA Dome Suite 140**

**Indianapolis, IN 46225**

**(317) 261-0500**

**[www.usatf.org](http://www.usatf.org)**

2. Following are the weights of the various implements to be used for each gender and age category:

- Discus: M50+/1.5kg; M60+/1.0kg; W50+ 1.0 kg; W75+/.75kg
- Javelin: M50+/700g; M60+/600g; M70+/500g; M80+/400g  
W50+/500g; W75+/400g
- Shotput: M50+/6kg; M60+/5kg; M70+/4kg; M80+/3kg; W50+/3kg;  
W75+/2kg

3. The competitors must not wear clothing that could impede the view of the judges.
4. Race Walkers will be provided numbers to be worn clearly on their back in addition to a front chest number.
5. The Handicapped 4 X 100M relay teams will be formed at the field prior to noon. Teams may be composed of any combination of ages and sexes. The team finish time will be compared to the standard for the ages and sexes of team members. Medals will be awarded according to the amount the team exceeds or fail to reach this number.

**STATE DIRECTOR**

Regina Stewart

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**Oklahoma Senior Games 2019 Track and Field Schedule**  
**Events will follow each other in the following order**

This schedule is subject to minor changes depending on participation levels.

**Track Events**

**8:00 am**

1500M Race Walk All Ages M & W

**8:30 am**

1500M Power Walk All Ages M & W

**9:00 am**

400 Meter All Ages M & W

1500 Meter All Ages M & W

100 Meter All Ages M & W

800 Meters All Ages M & W

200 Meter All Ages M & W

50 Meter All Ages M & W

**Field Events**

**9:00 am**

Pole Vault All Ages M & W Field

Hammer All Ages W Field

Hammer All Ages M Field

Standing Long Jump All Ages M & W Long Jump Pit

Shotput All Ages W Ring

Shotput 50-69 M Ring

Shotput 70+ M Ring

High Jump All Ages M & W High Jump Pit

Discus All Ages W Field

Discus 50-69 M Field

Discus 70+ M Field

Triple Jump All Ages M & W Long Jump Pit

Javelin All Ages W Field

Javelin 50-69 M Field

Javelin 70+ M Field

Long Jump All Ages M & W Long Jump Pit

Meet Site: Oklahoma Baptist University, 500 W University,

Shawnee, Ok 74804

Contact information for Regina Stewart

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