

### **FIELD EVENTS – June 25, 2010**

**FORMAT:** 6:30am mandatory check-in and a 7am start. Events offered: Shot Put, Discus, Javelin, Long Jump & High Jump. The discus weights are: 1.5 kilograms for men 50+ and women +40 all others will use the two kilogram discus. The shot put weight is 8 lbs. for women, 16 lbs. for men - up to age 39, 12 lbs. for men 40 & up. You may only compete in up to **three** different events and you must compete in only one age category. **Please note:** The 3000m run will be held in the morning at 7:00 am and the 100m and 200m preliminaries (if applicable) will be held immediately following the 3000m run.

### **TRACK EVENTS – June 25, 2010**

**FORMAT:** There is a mandatory check-in at 5:30 pm and competition begins at 6pm. **Please note:** The 3000m run will be held in the morning at 7:00 am and the 100m and 200m preliminaries will be held immediately following the 3000m run (if needed). Check the posted information at the registration headquarters to assure you are in the correct events. You may enter as many as three individual events and unlimited relays. The relay age is based on the youngest member's age. Choose your relay members with their knowledge. Do not submit an incomplete application - it will be **rejected**. All events will be held as signed up for - you will not be asked to drop down to the lower age division if not enough in your age division. A schedule of events with exact times for the events will be posted at the registration headquarters. The Sprint Medley Relay leg consist of a 100m, 100m, 200m and a 400m. Hurdle heights: Men 50+ and all women will run 100 meter hurdles at 30". All others will run 110 meter hurdles at 36". Order of events: Low Hurdles, 100m Dash, 1600m Run, 400m Relay, 400m Run, 800m Run, Sprint Medley Relay, 200m Dash, 1600m Relay & 3000m.