



Virginia Senior Games

Henrico County, VA ♦ May 10-13, 2017 ♦ (804) 652-1411
www.virginiaseniorgames.org ♦ Email: VSG@henrico.us



Sport	<i>Track and Field</i>
Events	50m, 100m, 200m, 400m, 800m, 1500m, 1500m Racewalk, 5000m Racewalk, Discus, Javelin, Shot Put, High Jump, Long Jump, Triple Jump, Pole Vault
Dates & Times	Saturday, May 13, 8:00 a.m. - approx. 6:00 p.m.
Location	Douglas S. Freeman High School 8701 Three Chopt Road Henrico, VA 23229
Contact Person	Katie Wood Phone: (804) 501-5099 Email: woo116@henrico.us
Format of Event	<ol style="list-style-type: none">1. For field events, if there are more than 12 athletes in any age division, a qualifying round may be held.2. For track events, the number of heats will be determined based on the number of entries. 1500m will be a timed final event.3. Hammer throw is not offered this year due to facility limitations. <p>The organizer reserves the right to change the format for any age division based on entry numbers, space restrictions, or any other circumstances.</p> <p>Game start times are subject to change if ahead of schedule.</p>
Rules	This meet will be conducted in accordance with USA Track & Field rules, except as modified herein. For a copy of these rules, please write or call: USA Track and Field 132 East Washington St., Suite 800 Indianapolis, IN 46204 317 261-0500 www.usatf.org
Awards	Gold, Silver, and Bronze Medals will be given for Men's, Women's, and Mixed Divisions in each age category (50-54; 55-59; 60-74; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94; 95-99; 100+). All medal winners will be recognized immediately following competition.
Entry Regulations	Throwing implements must be certified by the USATF officials the day of the event. Athletes shall agree to all certification procedures including but not limited to marking, impounding, etc. Individuals age 50 or older by December 31 of the competition year are eligible to participate, if properly registered. The Virginia Senior Games are considered



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“open” games, meaning participants from other states are permitted and encouraged to compete in the Virginia Senior Games. The Senior Games strongly recommends that each participant consult his or her physician in regard to practice and participation in this program or any similar physical activity program.

Equipment

Athletes must provide their own throwing implements and vaulting poles. Shoes must comply with USATF Rule 143.

The following are the weights of the various implements (subject to change) to be used for each gender and age division:

Age Division	Discus	Javelin	Shotput
M 50-54	1.5 kg	700 g	6 kg
M 55-59	1.5 kg	700 g	6 kg
M 60-64	1.0 kg	600 g	5 kg
M 65-69	1.0 kg	600 g	5 kg
M 70-74	1.0 kg	500 g	4 kg
M 75-79	1.0 kg	500 g	4 kg
M 80+	1.0 kg	400 g	3 kg
W 50-54	1.0 kg	500 g	3 kg
W 55-59	1.0 kg	500 g	3 kg
W 60-74	1.0 kg	500 g	3 kg
W 75+	.75 kg	400 g	2 kg

Athlete Check-In Information:

Stop by Athlete Check-in to receive your information packet, t-shirt, participant bag, and name tag.

Deep Run Recreation Center
9900 Ridgefield Parkway
Henrico, VA 23233
(804) 652-1430

Tue, May 9.....4-6 pm
Wed, May 107 am-2 pm
Thu, May 11.....7 am-2 pm
Fri, May 12..... 7 am-noon & 5-7 pm
Sat, May 13.....7-11 am