



Virginia Senior Games (VSG)

Henrico County, VA ♦ May 16-19, 2018 ♦ (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 19, 8 am-approx. 6 pm	
Location	J.R. Tucker High School 2910 N. Parham Rd. Henrico, VA 23294	
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.3. The 1500m will be a timed final event.4. Hammer throw is not offered due to facility limitations.5. Javelin will be thrown on a grass runway for competition.	
Rules	This meet will be conducted in accordance with USA Track & Field rules, except as modified herein.	
Fee	\$12 per event	
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	Athletes must provide their own throwing implements, provided they have been 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. Athletes must also provide their own vaulting poles.	
Course Map	NA	



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Equipment

Shoes must comply with USATF Rule 143.

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

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

Belmont Recreation Center
1600 Hilliard Rd, Henrico VA 23228, (804) 652-1410

Tue, May 15.....4-6pm
 Wed, May 167am-2pm
 Thu, May 17.....7am-2pm
 Fri, May 18.....7am-7pm
 Sat, May 19.....7-11am

Track & Field Event Schedule

Racewalk: 5000m.....8:00 am
 Long Jump: Men/Women.....8:30 am
 50m: Men/Women.....9:00 am
 1500m: Men/Women.....9:30 am
 Discus: Women.....9:30 am
 Javelin: Men.....10:00 am
 Race Walk: 1500m.....10:00 am
 100m: Men/Women.....10:30 am
 Discus: Men.....11:00 am
 Javelin: Women.....11:00 am

400m: Men/Women.....1:00 pm
 High Jump: Women.....1:00 pm
 800m: Men/Women.....1:30 pm
 Shot Put: Women.....1:30 pm
 200m: Men/Women.....2:00 pm
 High Jump: Men.....2:00 pm
 Shot Put: Men.....2:30 pm
 Triple Jump Men/Women.....3:00 pm
 Pole Vault: Men/Women.....3:30 pm