



Virginia Senior Games (VSG)

Henrico County, VA ♦ May 16-19, 2018 ♦ (804) 652-1411
www.virginiaseniorgames.org ♦ Email: VSG@henrico.us



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|--------------------------|---|
| 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; 60-64; 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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| <p>Equipment</p> | <p>Shoes must comply with USATF Rule 143.</p> <p>Following are the weights of the various implements (subject to change) to be used for each gender and age division:</p> <table border="1" data-bbox="602 491 1265 972"> <thead> <tr> <th>Age Division</th> <th>Discus</th> <th>Javelin</th> <th>Shotput</th> </tr> </thead> <tbody> <tr> <td>M 50-54</td> <td>1.5 kg</td> <td>700 g</td> <td>6 kg</td> </tr> <tr> <td>M 55-59</td> <td>1.5 kg</td> <td>700 g</td> <td>6 kg</td> </tr> <tr> <td>M 60-64</td> <td>1.0 kg</td> <td>600 g</td> <td>5 kg</td> </tr> <tr> <td>M 65-69</td> <td>1.0 kg</td> <td>600 g</td> <td>5 kg</td> </tr> <tr> <td>M 70-74</td> <td>1.0 kg</td> <td>500 g</td> <td>4 kg</td> </tr> <tr> <td>M 75-79</td> <td>1.0 kg</td> <td>500 g</td> <td>4 kg</td> </tr> <tr> <td>M 80+</td> <td>1.0 kg</td> <td>400 g</td> <td>3 kg</td> </tr> <tr> <td>W 50-54</td> <td>1.0 kg</td> <td>500 g</td> <td>3 kg</td> </tr> <tr> <td>W 55-59</td> <td>1.0 kg</td> <td>500 g</td> <td>3 kg</td> </tr> <tr> <td>W 60-74</td> <td>1.0 kg</td> <td>500 g</td> <td>3 kg</td> </tr> <tr> <td>W 75+</td> <td>.75 kg</td> <td>400 g</td> <td>2 kg</td> </tr> </tbody> </table> | 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 |
|--------------------------------|--|--------------|---------|---------|---------|---------|--------|-------|------|---------|--------|-------|------|---------|--------|-------|------|---------|--------|-------|------|---------|--------|-------|------|---------|--------|-------|------|-------|--------|-------|------|---------|--------|-------|------|---------|--------|-------|------|---------|--------|-------|------|-------|--------|-------|------|
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Athlete Check-In</p> | <p>Stop by Athlete Check-in to receive your information packet, t-shirt, participant bag, and name tag.</p> <p>Belmont Recreation Center 1600 Hilliard Rd, Henrico VA 23228, (804) 652-1410</p> <p>Tue, May 15.....4-6 pm Wed, May 167am-2 pm Thu, May 17.....7am-2 pm Fri, May 18.....7am-7 pm Sat, May 19..... 7-9 am</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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