

TRACK & FIELD 2021

Saturday, October 2

Entry Deadline, September 18

Shawnee High School
1001 N Kennedy Avenue
Shawnee, OK 74801
Shawnee, OK 74804

EVENTS

Field Events: Discus, Hammer Throw, High Jump, Javelin, Long Jump, Pole Vault, Shot Put, Triple Jump

Track Events: 50, 100, 200, 400, 800, 1500 Meter Run

Age and Gender Graded 4 x 100 Relay (not a qualifying event)

Field Events begin: 9:00 am

Track Events begin 11:00 am

Check in: an hour prior to your event

See OKSeniorGames.com website for event times

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

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

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

- 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 **age and gender graded 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. Any Oklahoma Senior Games registered athlete and all volunteers at the track and field meet are eligible to compete in this event. Medals will be awarded to first, second and third place team winners.

STATE DIRECTOR

Regina Stewart

405-802-4491

Regina1022@sbcglobal.net

**2021 is a year in which to qualify for NSGA competition in
Fort Lauderdale, Florida, May 10-23, 2022.**

**Athletes who HAVE qualified in the Oklahoma Senior Games in 2018 and/or 2020
are already qualified and are welcome to compete in Oklahoma again in 2021.**

Please go to:

<https://nsga.com/wp-content/uploads/2021/01/2022QualificationUpdate011221.pdf>

for adjusted qualification information for nationals.

For more information about national competition go to: NSGA.com

1. All first, second, third and fourth place winners in each event, gender and age group or athletes meeting this sport's NSGA minimum performance standards in competition at the 2018, 2020 or 2021 Oklahoma Senior Games will qualify to compete in the 2022 National Senior Games.
2. All athletes who compete in hammer throw at a 2018, 2020 and/or 2021 Oklahoma Senior Games will qualify for the 2022 National Senior Games.
3. Athletes that qualify for and compete in the 50, 100, 200, 400 or 800 meter events at the 2022 National Senior Games will be eligible to compete in the 4 X 100-meter relay. Athletes cannot qualify to compete in the relay event except in this manner. Registration for the relay event will take place at the track venue. Age division of relay teams will be based on the age of the youngest team member as of December 31, 2022.

4. Oklahoma is an "Open" state. This means Oklahoma Senior Games allows participation by out-of-state athletes.
5. Track and Field allows for four resident qualifiers in each event, gender and age division. Oklahoma qualifies four Oklahoma residents in addition to any top four finishing out-of-state athletes. This means that if the top four places are all filled with out-of-state athletes, Oklahoma residents who place in the next four positions qualify for the 2022 National Senior Games. Oklahoma would then qualify eight athletes for the national senior games in that event, gender and age division.
6. All first-, second-, third- and fourth-place winners or athletes meeting this sport's NSGA minimum performance standards in competition at a 2018, 2020, and 2021 Oklahoma Senior Games qualify for the 2022 National Senior Games.

Oklahoma Senior Games 2021 Track Schedule

Saturday Oct. 2

Shawnee High School
1001 N Kennedy Avenue
Shawnee, OK 74801

Fields Events

9:00 AM

Discus All Ages: W&M

Shotput All Ages W&M

10:00 AM

Standing Long Jump All Ages W&M

Hammer All Ages W&M

11:00 AM

Triple Jump All Ages W&M

Javelin All Ages W&M

12:00 PM

Long Jump All Ages W&M

12:30 PM

Pole Vault All Ages W&M

High Jump All Ages W&M

Running Events

11:00 AM 400 Meter/All ages W&M

11:20 AM 1500 Meter Race Walk/ All ages W&M

11:40 AM 50 Meter /All ages W&M

12:00 AM 1500 Meter Run/All ages W&M

12:20 AM 100 Meter/All ages W&M

12:40 AM 1500 Meter Power Walk/All ages W&M

1:00 PM 800 Meter All ages W&M

1:20 PM 200 Meter All ages W&M

2:00 PM 4x100 Age & Gender Graded Relay (Volunteers and Spectators ENCOURAGED to run)

Teams must sign up by 1:00 PM

TRACK MINIMUM PERFORMANCE STANDARDS METRIC

These only apply if you did not place as one of the top four in your age bracket during the Oklahoma Senior Games competition. You would still qualify for national competition if you posted the following times or better.

MEN

Age	50 M	100 M	200 M	400 M	800 M	1500 M
50-54	:7.51	:13.89	:28.49	01:06.20	02:32.10	05:19.00
55-59	:7.51	:14.00	:28.74	01:06.40	02:35.14	05:24.20
60-64	:7.77	:14.30	:29.80	01:07.80	02:36.40	05:35.10
65-69	:8.15	:14.70	:30.90	01:11.20	02:50.40	06:03.80
70-74	:8.33	:15.62	:32.37	01:15.13	03:05.20	06:46.90
75-79	:9.27	:16.39	:36.90	01:27.60	03:35.44	07:48.49
80-84	:10.54	:18.94	:39.79	01:42.87	04:11.66	08:47.37
85-89	:11.79	:21.59	:51.17	02:18.75	05:30.32	13:01.62
90-94	:14.87	:46.71	01:03.0	03:30.00	07:00.20	16:05.00
95+	:16.54	:57.70	01:03.0	03:30.00	07:00.20	16:05.00

WOMEN

Age	50 M	100 M	200 M	400 M	800 M	1500 M
50-54	:8.62	:16.35	:35.20	01:21.60	03:10.40	06:35.10
55-59	:8.62	:16.36	:35.52	01:22.89	03:18.64	07:03.00
60-64	:8.73	:16.61	:36.19	01:32.44	03:39.72	07:17.00
65-69	:9.25	:17.89	:37.42	01:38.77	03:50.00	07:55.00
70-74	:10.34	:19.67	:41.94	01:44.17	04:11.21	09:10.00
75-79	:11.18	:21.99	:46.84	01:55.20	05:02.30	10:55.47
80-84	:14.55	:25.28	01:06.55	03:06.74	06:11.80	13:44.30
85-89	:23.83	:35.82	01:46.70	04:17.00	08:37.32	16:30.00
90+		:44.20	01:46.70	04:21.80	09:30.00	16:30.00

FIELD MINIMUM PERFORMANCE STADARDS METRIC

MEN

Age	Long J	HighJ	Trpl J	Shot	Discus	Javelin	Pole	Hammer
50-54	4.55	1.49	8.52	11.43	39.85	40.39	2.60	29.00
55-59	4.50	1.37	8.52	11.28	35.91	40.39	2.60	27.20
60-64	4.46	1.28	8.27	11.28	35.91	38.61	2.60	27.20
65-69	4.01	1.22	7.70	10.55	34.95	34.49	2.43	27.20
70-74	3.65	1.17	7.43	10.49	31.29	31.03	2.21	27.20
75-79	3.04	1.08	6.09	9.07	26.73	27.26	1.53	22.18
80-84	2.90	0.99	4.97	9.06	22.73	22.65	1.10	21.72
85-89	1.73	0.84	2.94	7.07	17.30	17.34	0.86	17.60
90-94	1.19	0.66	2.00	4.41	11.58	9.06	0.86	14.00
95-99	1.19	0.66	2.00	3.41	6.2	6.81	0.86	5.00
100+	1.19	0.66	2.00	3.05	6.2	5.00	0.86	5.00

WOMEN

Age	Long J	High J	Trpl J	Shot	Discus	Javelin	Pole	Hammer
50-54	3.37	1.07	6.60	8.94	22.40	21.15	1.22	19.30
55-59	3.37	1.04	4.73	8.93	22.40	21.15	1.22	19.30
60-64	3.05	0.99	4.73	8.52	21.74	20.48	1.22	19.30
65-69	2.92	0.99	4.73	7.51	17.45	17.73	1.22	14.78
70-74	2.43	0.90	4.21	6.40	16.99	15.37	1.22	12.22
75-79	2.22	0.78	3.52	6.40	15.81	13.92	1.22	11.11
80-84	1.57	0.66	3.52	6.09	13.51	11.18	0.91	7.70
85-89	0.84	0.56	2.50	4.37	7.62	5.95	0.86	6.00
90+	0.76	0.56	2.30	2.13	3.15	4.27	0.86	5.00

FIELD MINIMUM PERFORMANCE STANDARDS (English)**MEN**

Age	Long Jump	High Jump	Triple Jump	Shot	Discus	Javelin	Pole	Ham
50-54	14' 11.25"	4' 10.5"	27' 11.5"	37' 6"	130' 9"	132' 6"	8' 6.25"	95' 1.75"
55-59	14' 7.25"	4' 7"	27' 11.5"	37' 0"	117' 9.75"	132' 6"	8' 6.25"	89' 2.75"
60-64	14' 7.25"	4' 5"	27' 1.5"	37' 0"	117' 9.75"	126' 8"	8' 6.25"	89' 2.75"
65-69	13' 2"	4' 0"	25' 3.25"	34' 7.5"	114' 8"	113' 1.75"	7' 11.75"	89' 2.75"
70-74	11' 11.75"	3' 10"	24' 4.5"	34' 5"	102' 8"	101' 9.75"	7' 3"	89' 2.75"
75-79	9' 11.75"	3' 6.5"	19' 11.75"	29' 9"	87' 8.5"	89' 5.25"	5' 0.25"	72' 9.75"
80-84	9' 6"	3' 3"	16' 3.75"	29' 9"	74' 6.75"	69' 10.25"	3' 7.25"	71' 3"
85-89	5' 8"	2' 8"	9' 7.75"	23' 2.25"	56' 9"	51' 8.5"	2' 10"	57' 9"
90-95	3' 10.75"	2' 2"	6' 6.75"	15' 11"	37' 11.75"	27' 0.25"	2' 10"	45' 11"
95-99	3' 10.75"	2' 2"	6' 6.75"	11' 3.5"	20' 4"	22' 4"	2' 10"	16' 5"
100+	3' 10.75"	2' 2"	6' 6.75"	10' 0"	20' 4"	16' 10"	2' 10"	16' 5"

WOMEN

Age	Long Jump	High Jump	Triple Jump	Shot	Discus	Javelin	Pole	Hammer
50-54	11' 0.75"	3' 6"	21' 7.75"	29' 4"	73' 5.75"	67' 11.25"	4' 0"	63' 4"
55-59	11' 0.75"	3' 4"	15' 6.25"	29' 4"	73' 5.75"	69' 4.5"	4' 0"	63' 4"
60-64	10' 0"	3' 2"	15' 6.25"	27' 11.5"	61' 1"	65' 3"	4' 0"	63' 4"
65-69	9' 7"	3' 2"	15' 6.25"	24' 7.75"	57' 3"	58' 2"	4' 0"	48' 6"
70-74	7' 11.5"	2' 11.5"	13' 9.75"	21' 0"	55' 9"	50' 5.25"	4' 0"	40' 1"
75-79	7' 3.5"	2' 6.75"	11' 6.5"	21' 0"	51' 10.5"	45' 8"	4' 0"	33' 1.75"
80-84	5' 2"	2' 2"	11' 6.5"	18' 2.75"	40' 3.5"	36' 8"	2' 11.75"	25' 3.25"
85-89	2' 9"	1' 10"	8' 2.5"	19' 11.75"	22' 8.75"	19' 6.25"	2' 10"	19' 8.25"
90-95	2' 6"	1' 10"	7' 6.5"	14' 4"	10' 4"	14' 0"	2' 10"	16' 4.75"
95-99	2' 6"	1' 10"	7' 6.5"	6' 11.75"	10' 4"	14' 0"	2' 10"	16' 4.75"
100+	2' 6"	1' 10"	7' 6.5"	6' 11.75"	10' 4"	14' 0"	2' 10"	16' 4.75"