



Presents

OKLAHOMA SENIOR GAMES TRACK & FIELD



Saturday, October 2
Entry Deadline, September 18

Shawnee High School
1001 N Kennedy Avenue
Shawnee, OK 74801

EVENTS

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

Track Events: 50M, 100M, 200M, 400M, 800M, 1500M

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(s)

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 is 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.

STATE DIRECTOR

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