

TRACK & FIELD
50, 100, 200, 400, 800, 1500 Meter, 4x100-Meter Relay;
Discus; Hammer Throw; High Jump; Javelin;
Long Jump; Pole Vault; Shot Put; Triple Jump

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners or athletes meeting this sport's NSGA minimum performance standards in competition at a 2020 NSGA qualifying games will qualify for the 2021 National Senior Games.
2. All athletes who compete in hammer throw at a 2020 NSGA qualifying games will qualify for the 2021 National Senior Games.
3. Athletes who reside in a state that does not offer the hammer throw and pole vault may qualify for those events by meeting the "limited" event qualifying criteria in Rule D.
4. Athletes that qualify for and compete in the 50,100, 200, 400 or 800 meter events at the 2021 National Senior Games will be eligible to compete in the 4x100-meter relay. Athletes cannot qualify to compete in the relay event except in this manner.

ENTRY REGULATIONS

1. The Local Organizing Committee shall provide certified implements for all events and age groups. In addition, athletes shall be permitted to use their own implements, provided they have been certified by the Track & Field Committee. 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.
2. Shoes must comply with USATF Rule 143, 3(a) – (f).
3. 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, 2021.

FORMAT

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. Awards will be presented for 1st through 8th place for each event within each age division.

SPORT RULES

1. This meet will be conducted in accordance with USA Track & Field rules, except as modified herein. For a copy of these rules, please write, email or call:

USA Track & Field
132 East Washington St., Suite 800
Indianapolis, IN 46204
(317) 261-0500
www.usatf.org

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

| Age Division | Discus | Hammer | Javelin | Shotput |
|--------------|--------|--------|---------|---------|
| M50-54 | 1.5kg | 6kg | 700g | 6kg |
| M55-59 | 1.5kg | 6kg | 700g | 6kg |
| M60-64 | 1.0kg | 5kg | 600g | 5kg |
| M65-69 | 1.0kg | 5kg | 600g | 5kg |
| M70-74 | 1.0kg | 4kg | 500g | 4kg |
| M75-79 | 1.0kg | 4kg | 500g | 4kg |
| M80+ | 1.0kg | 3kg | 400g | 3kg |
| W50-54 | 1.0kg | 3kg | 500g | 3kg |
| W55-59 | 1.0kg | 3kg | 500g | 3kg |
| W60-74 | 1.0kg | 3kg | 500g | 3kg |
| W75+ | .75kg | 2kg | 400g | 2kg |

3. The competitors must not wear clothing that could impede the view of the judge

TRACK MINIMUM PERFORMANCE STANDARDS
(Shaded items indicate revised standards from the 2019 National Senior Games)

Minimum Performance Standards (MPS) are based on results from the previous National Senior Games.

(Metric)

| Age | MEN'S DIVISION | | | | | |
|-------|----------------|--------|---------|---------|---------|----------|
| | 50 M | 100 M | 200 M | 400 M | 800 M | 1500 M |
| 50-54 | :7.51 | :13.89 | :28.49 | 1:06.20 | 2:32.10 | 5:19.00 |
| 55-59 | :7.51 | :14.00 | :28.74 | 1:06.40 | 2:35.14 | 5:24.20 |
| 60-64 | :7.77 | :14.30 | :29.80 | 1:07.80 | 2:36.40 | 5:35.10 |
| 65-69 | :7.99 | :14.70 | :30.90 | 1:11.20 | 2:50.40 | 6:03.80 |
| 70-74 | :8.33 | :15.62 | :32.37 | 1:15.13 | 3:05.20 | 6:46.90 |
| 75-79 | :9.27 | :16.39 | :36.90 | 1:27.60 | 3:35.44 | 7:48.49 |
| 80-84 | :10.54 | :18.94 | :39.79 | 1:42.87 | 4:11.66 | 8:47.37 |
| 85-89 | :11.79 | :21.59 | :51.17 | 2:18.75 | 5:30.32 | 13:01.62 |
| 90-94 | :14.87 | :42.04 | 1:03.00 | 3:30.00 | 7:00.20 | 16:05.00 |
| 95+ | :16.54 | :57.70 | 1:03.00 | 3:30.00 | 7:00.20 | 16:05.00 |

| Age | WOMEN'S DIVISION | | | | | |
|-------|------------------|--------|---------|---------|---------|----------|
| | 50 M | 100 M | 200 M | 400 M | 800 M | 1500 M |
| 50-54 | :8.62 | :16.35 | :35.20 | 1:21.60 | 3:10.40 | 6:35.10 |
| 55-59 | :8.62 | :16.36 | :35.52 | 1:22.98 | 3:18.64 | 7:03.00 |
| 60-64 | :8.73 | :16.61 | :36.19 | 1:32.44 | 3:39.72 | 7:17.00 |
| 65-69 | :9.25 | :17.89 | :37.42 | 1:38.77 | 3:50.00 | 7:55.00 |
| 70-74 | :10.34 | :19.67 | :41.94 | 1:44.17 | 4:11.21 | 9:10.00 |
| 75-79 | :11.18 | :21.99 | :46.84 | 1:55.20 | 5:02.30 | 10:55.47 |
| 80-84 | :14.55 | :25.28 | 1:06.55 | 3:06.74 | 6:11.80 | 13:44.30 |
| 85-89 | :23.83 | :35.82 | 1:46.70 | 4:17.00 | 8:37.32 | 16:30.00 |
| 90+ | | :44.20 | 1:46.70 | 4:21.80 | 9:30.00 | 16:30.00 |

FIELD MINIMUM PERFORMANCE STANDARDS (Metric)

| Age | MEN'S DIVISIONS | | | | | | | |
|-------|-----------------|-----------|-------------|----------|--------|---------|------------|--------|
| | Long Jump | High Jump | Triple Jump | Shot Put | Discus | Javelin | Pole Vault | 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 | .99 | 4.97 | 9.06 | 22.73 | 22.65 | 1.10 | 21.72 |
| 85-89 | 1.73 | .84 | 2.94 | 7.07 | 17.30 | 17.34 | .86 | 17.60 |
| 90-94 | 1.19 | .66 | 2.00 | 4.41 | 11.58 | 9.06 | .86 | 14.00 |
| 95-99 | 1.19 | .66 | 2.00 | 3.41 | 6.20 | 6.81 | .86 | 5.00 |
| 100+ | 1.19 | .66 | 2.00 | 3.05 | 6.20 | 5.00 | .86 | 5.00 |

| Age | WOMEN'S DIVISIONS | | | | | | | | |
|-------|-------------------|-----------|-------------|----------|--------|---------|------------|--------|-------|
| | Long Jump | High Jump | Triple Jump | Shot Put | Discus | Javelin | Pole Vault | 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 | .99 | 4.73 | 8.52 | 21.74 | 20.48 | 1.22 | 19.30 | |
| 65-69 | 2.92 | .99 | 4.73 | 7.51 | 17.45 | 17.73 | 1.22 | 14.78 | |
| 70-74 | 2.43 | .90 | 4.21 | 6.40 | 16.99 | 15.37 | 1.22 | 12.22 | |
| 75-79 | 11.11 | 2.22 | .78 | 3.52 | 6.40 | 15.81 | 13.92 | 1.22 | 11.11 |
| 80-84 | 1.57 | .66 | 3.52 | 6.09 | 13.51 | 11.18 | .91 | 7.70 | |
| 85-89 | .84 | .56 | 2.50 | 4.37 | 7.62 | 5.95 | .86 | 6.00 | |
| 90+ | .76 | .56 | 2.30 | 2.13 | 3.15 | 4.27 | .86 | 5.00 | |

FIELD MINIMUM PERFORMANCE STANDARDS (English)

| MEN'S DIVISIONS | | | | | | | | |
|------------------------|------------------|------------------|--------------------|-----------------|---------------|----------------|-------------------|---------------|
| Age | Long Jump | High Jump | Triple Jump | Shot Put | Discus | Javelin | Pole Vault | Hammer |
| 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" | 74' 3.75" | 3' 7.25" | 71' 3" |
| 85-89 | 5' 8" | 2' 9" | 9' 7.75" | 23' 2.25" | 56' 9" | 56' 10.5" | 2' 10" | 57' 9" |
| 90-94 | 3' 10.75" | 2' 2" | 6' 6.75" | 15' 11" | 37' 11.75" | 29' 8.75" | 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'S DIVISIONS | | | | | | | | |
|--------------------------|------------------|------------------|--------------------|-----------------|---------------|----------------|-------------------|---------------|
| Age | Long Jump | High Jump | Triple Jump | Shot Put | Discus | Javelin | Pole Vault | 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" | 71' 4" | 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" | 19' 11.75" | 44' 3.75" | 36' 8" | 2' 11.75" | 25' 3.25" |
| 85-89 | 2' 9" | 1' 10" | 8' 2.5" | 14' 4" | 25' 0" | 19' 6.25" | 2' 10" | 19' 8.25" |
| 90+ | 2' 6" | 1' 10" | 7' 6.5" | 6' 11.75" | 10' 4" | 14' 0" | 2' 10" | 16' 4.75" |

RACE WALK
1500M on a Track/Road course
5K on a road course

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners or athletes meeting this sport's NSGA minimum performance standards in competition at a 2020 NSGA qualifying games will qualify for the 2021 National Senior Games.
2. The minimum distance acceptable for qualifying will be 1500M.
3. The preferred 5K race walk at the State qualifier is on a road course but the State qualifier will have the option to use a track for the event. The National Senior Games 5K race walk event will be held on a road course.
4. If a track is used for the 5K, it is referred as a 5000M.

ENTRY REGULATIONS

1. Athletes qualified in either the 1500M or the 5K race walk may compete in both events.

FORMAT

1. Courses and formats for the 1500M and 5K will be determined by the availability of facilities in the host city.
2. The circuit for 5M shall be a maximum of 1250M but not shorter than 1000M. The 1500M Race Walk will be on a standard 400M track or a 1500M road course.
3. Awards will be presented for 1st through 8th place for each event within each age division.

SPORT RULES

1. All race walking events 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 & Field
132 East Washington St., Suite 800
Indianapolis, IN 46204
(317) 261-0500
www.usatf.org

2. Athletes must use proper race walking techniques or risk disqualification.
3. Athletes must not wear clothing that could impede the view of the judges.

RACE WALK MINIMUM PERFORMANCE STANDARDS

| Men | 1500M | 5K | Women | 1500M | 5K |
|------------|--------------|-----------|--------------|--------------|-----------|
| 50-54 | 8:25 | 30:30 | 50-54 | 9:55 | 35:35 |
| 55-59 | 8:43 | 31:21 | 55-59 | 10:12 | 36:13 |
| 60-64 | 9:00 | 32:15 | 60-64 | 10:21 | 37:05 |
| 65-69 | 9:34 | 34:14 | 65-69 | 10:51 | 37:56 |
| 70-74 | 10:06 | 36:48 | 70-74 | 11:26 | 42:26 |
| 75-79 | 11:12 | 39:10 | 75-79 | 12:43 | 43:00 |
| 80-84 | 13:04 | 46:39 | 80-84 | 14:08 | 48:44 |
| 85-89 | 16:21 | 53:10 | 85-89 | 18:16 | 55:30 |
| 90+ | 17:19 | 53:10 | 90+ | 18:16 | 55:30 |

POWER WALK
1500M on a Track or Road course
5K on a road course

QUALIFYING RULES

1. Power Walk event will be a qualifying event for the 2021 National Senior Games. All athletes who compete in Power Walk at a 2020 qualifying games will qualify for the 2021 National Senior Games.
2. The minimum distance acceptable for qualifying will be 1500M.
3. The preferred 5K Power Walk at the State qualifier is on a road course but the State qualifier will have the option to use a track for the event. The National Senior Games 5K Power Walk event will be held on a road course.
4. If a track is used the 5K is referred as a 5000M.
5. No canes, walkers, headphones, cell phones and water bottle allowed during the event.

ENTRY REGULATIONS

1. Athletes may compete in both the 1500M and 5K.
2. Athletes must have competed in a 2020 qualifying games in order to compete at the 2021 National Senior Games. It can also be counted as a third sport ONLY for the 2021 National Senior Games.

FORMAT

1. Courses and formats for the 1500M and 5K will be determined by the availability of facilities in the host city.
2. The circuit for 5 km should be conducted on the road in a recommended loop of 1000M and 500M between turn around to turn around. The 1500M Power Walk can be held on a road course or a track.
3. Awards will be presented for 1st through 8th place for each event within each age division.

SPORT RULES

1. All Power Walking events will be conducted in accordance with USPWA rules, except as modified herein. For a copy of these rules, please email or call:

United States Power Walking Association
Doug & Marianne Hamilton, Administrators
Unitedstatespwa@gmail.com
(408) 205.9641

2. **Power Walk is a Monitored Event:** Power Walk is a monitored event in which an athlete can be disqualified. Power Walking, while very similar to Race Walking, does not have the same technical requirements.
3. Major points of the rules include:
 - a) One foot must be on the ground at all times. Loss of contact with the ground is forbidden.
 - b) Each advancing foot strike must be heel to toe at all times. Striking with the toe or ball of the advancing foot is considered running.
 - c) Creeping, where the lead toe strikes prior to the heel and knee are bent into a running form is forbidden.
 - d) A slightly bent knee is the accepted form but a bent knee in a running or jogging form is forbidden.
 - e) Running or jogging mode is forbidden.
 - f) Any violation in the last 100 meters as determined by a single judge is reason for immediate disqualification.
 - g) The advancing leg as it moves forward (and when the heel strikes) the ground; it does not have to be completely locked as it passes under the body. Soft knee is acceptable however; over excessive bent knee is deemed to be in a creeping or running shuffle is not acceptable and subject to disqualification.
 - h) Unsportsmanlike conduct can result in disqualification by the judges, monitors or race official.
 - i) Disqualification will result when an athlete is judged to be in violation of the above rules in three separate instances by three separate officials or monitors or race director during the course of the race competition.