

TRACK & FIELD

Director: Cindi Blevins

Assistant: Wayne Edwards

Events: 50M, 100M, 200M, 400M, 800M, 1500M, 3000M
High Jump, Long Jump, Standing Long Jump,
Triple Jump, Shot Put, Discus, Javelin and Relays

Schedule: Monday Oct. 6 9:00 am - 5:00 pm
Tuesday Oct. 7 9:00 am - 3:00 pm
Wednesday Oct. 8 9:00 am - 3:00 pm

Venue: Snow Canyon High School

Divisions: 5 Year Age Brackets (See Page 7)

Sport Fee: \$5 Per Event

Sponsored By



REGISTRATION RULES

- Participants may enter a maximum of 6 events, not including relays.
- Age division for competition and HWSG Records will be based on participant's age on December 31, 2008.
- Age division for World and National Records will be based on the participant's age on the first day of competition (Oct. 6). New World Records require on-site drug testing and birth certificates.
- If a participant wishes to be seeded, he/she must enter their best time during the past year on the registration form. Heats will be seeded according to times submitted. If no time is submitted, seeding will be random.
- Relays do not need to be indicated on the registration form – they will be organized on site. There will be no additional charge for relays.

FORMAT / RULES

- Event is USATF approved and sanctioned.
- USATF rules and equipment standards apply.
- Approximate event times will be posted at the Dixie Center and at the sport venue.
- Participants must present their HWSG ID Badge at the venue check-in desk 45 minutes prior to their first event. When they check-in they will receive their "bib number". Only one bib number will be assigned to each contestant for the entire meet.

Track Events:

- Participants must report to the Bull Pen when the event is called. Note: Event may begin 30 minutes prior to scheduled time. Participants who do not report within 5 minutes after the final call, will be scratched from the event.
- Track is rubberized and starting blocks will be available.
- Spikes up to ¼-inch will be allowed and must be provided by the athlete.
- A fully automatic timing system and a back-up system will be used.
- All races are final.
- Relays will have aggregate age groups equal to the combined ages of the 4 relay members (i.e., 200-236, 237-272 and 273+ years). No official times will be recorded for relays.

Field Events:

- Participants in Field events must report to the event when it is called. Note: Event may begin 30 minutes prior to scheduled time.
- Certified field event implements will be provided for use during the field events only (not for practice).

FORMAT / RULES - Field Events (continued)

- Athletes will be permitted to use their own implements provided those implements have been certified and impounded by the Weight Master.
- All participants must bring their own practice implements.
- See “U.S. Masters Standard Weights” section for standard weights of shot put, discus and javelin.
- Approach for Javelin is a rubberized mat.
- Height for High Jump will be raised in 2” increments – starting height is 2’10”.
- At the start of the each event participants will be made aware of any early competitors’ mark. Absolutely no competition will be allowed once the event is closed.

EVENT SCHEDULE (Preliminary)

Monday, Oct. 6

Standing Long Jump	Men & Women
Shot Put	Men & Women
Javelin	Men 50-69
High Jump	Men 70+ & Women

Tuesday, Oct. 7

Long Jump	Men & Women
Discus	Men 50-59 & Women
High Jump	Men 50-69
Javelin	Men 70+ & Women
3000 M	Men & Women
200 M	Men & Women
800 M	Men & Women
50 M	Men & Women

Wednesday, Oct. 8

Triple Jump	Men & Women
Discus	Men 60+
1500 M	Men & Women
100 M	Men & Women
400 M	Men & Women
Relays	Men & Women

Note: The final schedule will be based on entries and will be posted at the Dixie Center on Sunday, Oct 5.

U.S. MASTERS STANDARD WEIGHTS

<u>Javelin</u>		<u>Shot Put</u>		<u>Discus</u>	
M 50-59	700 g	M 50-59	6 kg	M 50-59	1.5 kg
M 60-69	600 g	M 60-69	5 kg	M 60+	1.0 kg
M 70-79	500 g	M 70+	4 kg	W 50+	1.0 kg
M 80+	400 g	M 80+	3 kg	W 80+	0.75 kg
W 50-59	500 g	W 50+	3 kg		
W 60+	400 g				

Note: 1 g = .0022 lbs; 1kg = 2.2 lbs

MEDALS

Gold, Silver and Bronze medals will be awarded in each event (except relays) for each division. Medals will be presented at the awards ceremony for each event (approximately ½ hour after the close of the event). Participants are asked to remain in the Awards Stand area until the medals for their event are awarded. Ribbons will be awarded to the three fastest relay teams.

SPORT SPONSOR SOCIAL (Ticket Required)

Date: Monday, Oct. 6
Time: 7:00 pm
Location: Washington County Regional Park - Fairgrounds