



BC SENIORS GAMES SOCIETY

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Track and Field

1. Age Categories:

Men and Women:

55 to 59, 60 to 64, 65 to 69, 70 to 74,
75 to 79, 80 to 84, 85 to 89, 90+

Note: Ages to be determined as of the first day of competition.

2. Events:

In all age categories and in both divisions:

- | | |
|----------------------|--|
| (a) 100m* | (n) Javelin |
| (b) 200m* | (o) Shot |
| (c) 400m* | (p) Hammer Throw |
| (d) 800m | (q) Weight Throw |
| (e) 1500m | (r) Pole Vault |
| (f) 5000m | (s) Pentathlon |
| (g) 10km Road Race | (t) Weight Pentathlon |
| (h) 5000m Power Walk | (u) 2000m Optional Power Walk [see 5. (a) (v)] |
| (i) 10km Road Walk | (v) 4x100m Relay (M); (W) |
| (j) Long Jump | (w) 4x100m Mixed Relay (2M/2W) |
| (k) High Jump | (x) Medley Relay (600/200/400/800) (M); (W) |
| (l) Triple Jump | (y) 4x400m Power Walk Relay (M); (W) |
| (m) Discus | |

*Zone Track and Field Coordinators should attempt to provide seed times for Participants in these events. Participants without seed times will receive less-favourable lane assignments.

3. Participation:

- (a) Each Zone may enter a total of 30 men and 30 women in Track and Field Events.
 - (i) Each Zone is encouraged, but not limited, to enter five (5) men and five (5) women per age group.
 - (ii) Where this is not possible, additional Participants may be added to other age groups, providing that the Zone does not exceed 30 men and 30 women in total.

- (iii) Zones must ensure that Participants in the older age groups are given every opportunity to compete, and not excluded in order to allow for additional Participants in the younger age groups.
- (b) Participants must compete in their own age group.
- (c) There will be no limitation on the number of events that an athlete may enter at the Games except those imposed by overlapping or close scheduling. However, only five events may be entered without an extra charge. For each event over five events (excluding relays), there will be a charge of \$10.00 per event which is not refundable. No extra provision will be made for Participants who knowingly enter events with conflicting start times on the published schedule.
 - (i) Zone Coordinators should be conscious of the strenuous nature of the events and encourage athletes to enter only those events in which they can effectively and safely compete, and for which, particularly in the throwing events, they are properly prepared.
 - (ii) Each athlete must indicate on his/her Registration Form every event in which he/she will be competing since no late entries will be accepted after the official closing date.

4. Schedule of Events

Day 1 – Wednesday

| TRACK | | FIELD | | |
|-------|--|------------------|------------------|--|
| | | Women | Men | |
| 8:00 | 5000m (W65+) | | | |
| 8:30 | | Javelin (W70+) | Weight (M70+) | |
| 9:00 | 5000m (M65+) | | | |
| 9:15 | | Javelin (W55-69) | Weight (M55-69) | |
| 10:00 | 5000m (W55-64) | | Javelin (M70+) | |
| 10:15 | | Weight (W70+) | | |
| 11:00 | 5000m (M55-64) | Weight (W55-69) | Javelin (M55-69) | |
| | | | | |
| 12:00 | Track and Field Closed in preparation for the Opening Ceremonies | | | |

Day 2 – Thursday

| TRACK | | FIELD | | |
|-------|---------------------|--------------------|------------------|-------------------|
| | | Women | Men | Weight Pentathlon |
| 8:00 | 5000m Walk (W65+) | | | |
| 8:30 | | Long Jump (W70+) | | Hammer (W) |
| 9:30 | 5000m Walk (M65+) | Long Jump (W55-69) | | Hammer (M) |
| 10:30 | 5000m Walk (W55-64) | | Long Jump (M70+) | Shot (W) |
| 11:00 | | Pole Vault (W) | | Shot (M) |

| | | | | |
|-------|-------------------------------|----------------------|----------------------|-------------|
| 11:30 | 5000m Walk (M55-64) | | Long Jump (M55-69) | |
| 11:45 | | | | Discus (W) |
| 12:30 | 100m (W) | | | Discus (M) |
| 1:00 | | Triple Jump (W70+) | Pole Vault (M) | |
| 1:15 | 100m (M) | | | Javelin (W) |
| 1:45 | | Triple Jump (W55-69) | | |
| 2:00 | 800m (W70+) | | | Javelin (M) |
| 2:30 | 800m (W55-69) | | | |
| 3:00 | 800m (M70+) | | Triple Jump (M70+) | Weight (W) |
| 3:45 | 800m (M55-69) | | Triple Jump (M55-69) | Weight (M) |
| 4:30 | 4x100m Mixed Relay (2W/2M) | | | |
| 5:00 | 4x400m Power Walk Relay (W/M) | | | |

Day 3 – Friday

| TRACK | | FIELD | | |
|-------|---------------------|-----------------|-----------------|-----------------|
| | | Women | Men | Pentathlon |
| 8:30 | 2000m Walk ** (W/M) | | | |
| 9:00 | | Discus (W70+) | High Jump (M) | Long Jump (P-W) |
| 9:45 | 1500m (W70+) | Discus (W55-69) | | Long Jump (P-M) |
| 10:15 | 1500m (W55-69) | | | |
| 11:00 | 1500m (M70+) | | Discus (M70+) | Shot (P-W) |
| 11:30 | | | | Shot (P-M) |
| 11:45 | 1500m (M55-69) | | | |
| 12:00 | | High Jump (W) | Discus (M55-69) | |
| 12:30 | 100m (P-W) | | | |
| 12:45 | 100m (P-M) | | | |
| 1:00 | 400m (W70+) | Shot (W70+) | | |
| 1:30 | 400m (W55-69) | Shot (W55-69) | | Javelin (P-W) |
| 2:15 | 400m (M70+) | | Shot (M70+) | Javelin (P-M) |
| 2:45 | 400m (M55-69) | | | |
| 3:00 | | | Shot (M55-69) | |
| 3:15 | 800m (P-W) | | | |
| 3:30 | 1500m (P-M) | | | |
| 4:00 | 4x100m Relay (W/M) | | | |

** see Note Re: Optional Walk event

Day 4 - Saturday

| TRACK | | | FIELD | | |
|-------|-----------------------------------|----------|-----------------|-----------------|--|
| | | | Women | Men | |
| 8:00 | 10km Road Race | (W/M) | | | |
| 8:15 | 10km Road Walk | (W/M) | | | |
| 8:30 | | | Hammer (W70+) | | |
| 9:00 | 200m | (W70+) | | | |
| 9:15 | | | Hammer (W55-69) | | |
| 9:30 | 200m | (W55-69) | | | |
| 10:00 | 200m | (M70+) | | Hammer (M70+) | |
| 10:30 | 200m | (M55-69) | | | |
| 10:45 | | | | Hammer (M55-69) | |
| 11:00 | Medley Relay (600/200/400/800) | (W/M) | | | |

NOTE 1: All Track and Field events (except where otherwise indicated) will begin with older age groups competing first. The start order in the Pentathlons will be assigned randomly by event. Except in the 10km Road Race and 10km Road Walk, men and women will compete separately.

NOTE 2: Medals will be presented according to the separately printed schedule.

5. Competition:

All events will be conducted under I.A.A.F. and Athletics Canada rules unless specifically indicated otherwise in this Rules Book.

It is required that the Host Society obtain an official sanction for this meet from B.C. Athletics and that electronic timing and wind reading measurements be recorded for all appropriate Track and Field events, and that suitable scales be available for weighing Competitor's own implements.

- (a) The 5000 m and 10 km Walking Events in the Seniors Games are "power walks" as opposed to "race walks" and are not covered by IAAF rules.
 - (i) It is recommended that at least 3 qualified race walk judges be in attendance for these events.
 - (ii) In the Power Walk, one foot must be in contact with the ground at all times (i.e. no running or jogging allowed);
 - (iii) In addition, the heel of the foot must strike the ground first, followed by the transference of the weight to the front portion of the foot (the 'heel and toe' walking motion). Landing on the flat foot or on the front portion of the foot, resulting in a shuffling motion is not allowed.
 - (iv) If, after receiving two official warnings, a Participant continues to violate these rules, he or she will be disqualified. Infractions in the final lap of a race

may make it impossible for visual warnings to be given, but can still result in disqualification.

- (v) Optional 2000m Power Walk for Competitors who have had hip replacements or who suffer from other problems which prevent them from participating in the long Walk events. If a Competitor opts to compete in the 2000m Power Walk, they are NOT allowed to enter the 5000m and 10km Walk events.
 - (vi) It is strongly recommended that for the 10km Road Walk an out-and-back straight, flat road loop (between 1km and 1.25km) be used to assist judges to keep track of the Power Walkers.
 - (viii) In the 4 x 400 m power walk relay priority must be given to participants registered in the 5K and 10K power walks.
- (b) Pentathlon is a single event comprised of five (5) individual elements:
- Men's: Long Jump; 100m; Shot; Javelin; 1500m.
 - Women's: Long Jump; 100m; Shot; Javelin; 800m.
- (i) All Pentathletes will compete together at the times indicated on the schedule, with women competing first.
 - (ii) Pentathletes are restricted to three (3) attempts only in the jumps and throws.
 - (iii) The Pentathlon will be scored according to the IAAF Points Tables used in the Olympics.
 - (1) The athlete's results will be age-graded according to the age factors used by the Canadian Masters Athletic Association (CMAA) and the World Masters Athletics (WMA). They will then be scored on the International Points Tables.
 - (iv) Medals will be awarded in the Pentathlon based upon the total score obtained for performance in all five elements of the competition.
 - (v) A Participant failing to register a distance in a throw or in the Long Jump events will receive zero points but will be allowed to continue in the competition and receive a final score.
 - (vi) A Participant must begin competing in each event in order to receive a final score. Failure to start in an event will lead to disqualification.
- (c) The Weight Pentathlon is also a single event comprised of five (5) individual elements:
- Hammer; Shot; Discus; Javelin; Weight Throw (in that order).
- (i) All Weight Pentathletes will compete together, oldest to youngest, with throwing order being determined randomly after the first event.
 - (ii) Athletes are restricted to three (3) attempts only in each event.
 - (iii) Scoring will be determined using the WMA approved method, similar to the regular Pentathlon.
 - (iv) A participant failing to register a legal throw in any event will receive zero points, but may continue on to the next event if he/she so desires. However, a Participant must begin competition in each event in order to avoid disqualification.
 - (v) Medals will be awarded based upon the total score obtained from the performance in all five (5) elements of the competition.
- (d) All track events will be staged as Finals. Where there is more than one Final in an age group, the results of both or more races will be combined to give overall placings based upon times.
- (e) Sprint Events : "Seed times" (i.e., the best time run in the current year) should be provided for each entrant in the 100m, 200m, and 400m. If there is a need to run more than one Final in an age group, these "seed times" will be used to determine

the runners in the fastest and slowest Finals. All sprint races will, nevertheless, be run by age group. If no "seed time" is available, the Participant will be placed in the slowest Final.

(f) Field Events:

i) In the throwing events, the following IAAF/WMA weights will be used:

| | <u>Men</u> | <u>Women</u> |
|--------------|------------------|------------------------------|
| Discus | 1.5 kg (55 - 59) | 1.0 kg (55 - 74) |
| | 1.0 kg (60+) | 750 g (75+) |
| Shot/Hammer: | 6 kg (55 - 59) | 3.0 kg (55 - 74) |
| | 5 kg (60 - 69) | 2.0 kg (75+) |
| | 4 kg (70 - 79) | |
| | 3 kg (80+) | |
| Javelin | 700 g (55 - 59) | 500 g (55 - 59) |
| | 600 g (60 - 69) | 400 g (all other age groups) |
| | 500 g (70 - 79) | |
| | 400 g (80+) | |
| Weight | 25 lbs (55 - 59) | 16 lbs (55 - 59) |
| | 20 lbs (60 - 69) | 12 lbs (60 - 74) |
| | 16 lbs (70 - 79) | 8 lbs (75+) |
| | 12 lbs (80+) | |

(ii) In the throwing and long jump events, each Participant is entitled to three (3) attempts; in order to qualify for an additional three (3) attempts, the appropriate performance standard must be met.

(iii) The following are the BC Seniors Games Performance Standards:

| Age Group | <u>Discus</u> | | <u>Javelin</u> | | <u>Shot</u> | |
|-----------|---------------|--------|----------------|--------|-------------|-------|
| | (W) | (M) | (W) | (M) | (W) | (M) |
| 55-59 | 14.50m | 20.00m | 12.50m | 23.00m | 6.00m | 7.25m |
| 60-64 | 15.00m | 23.00m | 12.50m | 24.00m | 5.50m | 8.00m |
| 65-69 | 13.00m | 21.00m | 10.00m | 20.00m | 4.50m | 7.00m |
| 70-74 | 12.00m | 20.00m | 10.00m | 19.00m | 4.25m | 7.00m |
| 75-79 | 9.00m | 17.50m | 10.00m | 16.00m | 4.25m | 6.50m |
| 80-84 | 8.00m | 13.00m | 8.00m | 12.00m | 4.00m | 6.00m |
| 85+ | 7.00m | 11.00m | 7.00m | 10.00m | 4.00m | 4.50m |

| Age Group | <u>Hammer</u> | | <u>Long Jump</u> | | <u>Triple Jump</u> | |
|-----------|---------------|--------|------------------|-------|--------------------|-------|
| | (W) | (M) | (W) | (M) | (W) | (M) |
| 55-59 | 14.00m | 16.00m | 2.25m | 3.50m | 4.50m | 8.00m |
| 60-64 | 15.00m | 18.00m | 2.00m | 3.25m | 4.25m | 7.50m |
| 65-69 | 13.00m | 20.00m | 1.70m | 3.00m | 4.00m | 7.00m |
| 70-74 | 11.00m | 20.00m | 1.65m | 2.50m | 3.50m | 6.00m |
| 75-79 | 10.50m | 17.00m | 1.60m | 2.25m | 3.00m | 5.00m |
| 80-84 | 9.00m | 15.00m | 1.50m | 2.00m | 3.00m | 4.50m |
| 85+ | 9.00m | 12.00m | 1.25m | 1.50m | 3.00m | 4.00m |

- (g) Zone Coordinators should also complete a composite list of entrants by age and event and should advise the Track & Field Meet Director, in writing, as to which relay events the Zone will be entering a team or teams.
 - (i) Names of the Zone Relay Team members will be finalized at the Games and given to the Track and Field Meet Coordinator no later than noon on the day of the event.
- (h) Coaches – No coaching will be allowed within the competition area while an event is in progress.
- (i) Competitors' numbers – Identification numbers must comprise of four (4) digits – the first two indicating the age group, e.g., 60 for the 60-64 age group. In track events, identification numbers are to be worn on the back and front and must be visible. In field events, the number may be worn on the back or front as is appropriate for the event.

6. Medals:

Gold, Silver and Bronze medals shall be awarded to the top three Participants in each event, and to each member of the top three relay teams.

7. Zone Trials:

- (a) Each Zone Coordinator is responsible for the timing and organization of the Zone Selection Process, and for establishing the conditions under which athletes can attempt to qualify for participation in the Seniors Games.
- (b) Each selected Participant may enter as many events as he or she wishes and is physically capable of competing in at the Games, regardless of which event he/she actually qualified in.
 - (i) Each selected Participant must indicate on his/her Registration Form every event in which he/she will be competing, since no late entries will be accepted after the official closing date for entries.
 - (ii) Zone Coordinators are responsible to see that Participants who enter in events with which they are not familiar (e.g. throwing events) are given specific assistance in practicing these activities before coming to the Games.
- (c) In Field Events, if weights as stipulated for the various age groups and categories are not available, a suitable substitute at the approximate weight may be used to determine relative ability.