



Virginia Senior Games (VSG)

Henrico County, VA ♦ May 12-16, 2020 ♦ (804) 652-1411
 www.virginiaseniorgames.org ♦ Email: VSG@henrico.us



Sport	<i>Track and Field</i>	
Events	50m, 100m, 200m, 400m, 800m, 1500m, 1500m Racewalk, 5000m Racewalk, Discus, Javelin, Shot Put, High Jump, Long Jump, Triple Jump, Pole Vault	
Dates & Times	Saturday, May 16, 8 am-approx. 6 pm	
Location	NEW location: Henrico High School (<i>Updated Feb 28</i>) 302 Azelea Ave. Henrico, VA 23227	
Contact Person	Katie Wood	
	Phone: (804) 501-5099	Email: woo116@henrico.us
Format of Event	<ol style="list-style-type: none"> 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. Hammer throw is not offered due to facility limitations. 5. Javelin will be thrown on a grass runway for competition. <p>*Any time or format changes will be communicated prior to the event.</p>	
Rules	This meet will be conducted in accordance with USA Track & Field rules as well as run as a USATF sanctioned masters event in 2020.	
Fee	\$12 per event	
Awards	Gold, Silver, and Bronze Medals will be given for Men's, Women's, and Mixed Divisions in each age category (50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94; 95-99; 100+).	
Entry Regulations	Athletes must provide their own throwing implements, provided they have been certified by the USATF officials on site the day of the event. Athletes shall agree to all certification procedures including but not limited to marking, impounding, etc. Athletes must also provide their own vaulting poles.	
Athlete Packet Pick-Up	<p>Packet Pick-Up is where athletes can pick up their information packet, VSG 2020 t-shirt, participant bag, and name tag. Multiple pick-ups are permitted. Athletes DO NOT need to pick up packets prior to their events in order to participate. In the event an athlete requests for either their information packet or medal(s) to be shipped, additional charges will apply and coordination of such request will be taken care of directly through VRPS.</p> <p>BELMONT RECREATION CENTER <i>1600 Hilliard Rd, Henrico, VA 23228, (804) 652-1410</i></p> <p>Tue, May 12.....4:00pm-6:00pm Wed, May 137:00am-2:00pm Thu, May 14.....7:00am-2:00pm Fri, May 15.....7:00am-6:00pm Sat, May 16.....7:00am-10:00am</p>	



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Track & Field Event Schedule

TRACK

Race Walk: 5000m: Combined.... 8:00am
 50m: Women/Men 9:00am
 1500m: Women/Men 10:00am
 400m: Women/Men 11:00am
 Race Walk: 1500m: Combined... 12:00pm
 100m: Women/Men 1:00pm
 800m: Women/Men 2:00pm
 200m: Women/Men 3:00pm

FIELD

Pole Vault..... 9:00am
 High Jump 9:00am
 Shot Put 10:00am
 Long Jump..... 10:00am
 Triple Jump 1:00pm
 Discus..... 1:00pm
 Javelin 3:30pm

***Field events: jumping pits, throwing circles and runways open up one hour prior to start of event and will close two hours after opening throw or jump.**

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

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