

FIELD EVENTS

- SINGLES ● DOUBLES ● MIXED DOUBLES ●
 ● DISCUS ● SHOT PUT ● HAMMER ● WEIGHT THROW ● SUPER WEIGHT THROW ●
 ● JAVELIN ● LONG JUMP ● STANDING LONG JUMP ● TRIPLE JUMP ● HIGH JUMP ● PASS-KICK ●

EVENT DATE: Sunday, March 29

ENTRY DEADLINE: Friday, February 29

CHECK-IN: 7:30 am

EVENT TIME: 8:00 am

EVENT FEE: \$5.00 per event

Florida State Senior Games Qualifier: YES

LOCATION: Clearwater High School
 540 S Hercules Av CLW 33765

EVENT DIRECTOR: Walt Deal

PHONE: (727) 441-9463

FORMAT:

1. A master schedule lists every event-time with every age group.
2. Check to see when you are scheduled to do each event.
3. You will have free time whenever an event occurs in which you are not participating.
4. NOTE: The field events and the track events were separated in 2006. They will be held on different days. By separating these event, it has allowed us to expand both categories and has eliminated conflicts of scheduling for multi-event participants

SPORTS RULES:

1. Some implements will be provided.
2. You may use your own implement but be prepared to have them weighed and certified.
3. Following are the weights of the various implements to be used for each gender and age category.

	MEN				WOMEN			
Age	50	60	70	80	50	60	70	80
Shot	6K	5K	4K	4K	3K	3K	3K	3K
Discus	1.5K	1K	1K	1K	1K	1K	1K	1K
Javelin	700g	600g	500g	400g	500g	400g	400g	400g
Weight	25#	20#	16#	12#	16#	12#	12#	12#
Super Weight	56#	56#	35#	25#	25#	25#	25#	20#

4. **DISCUS:** Competitors will have 3 attempts to obtain their best throw. Warm-up practice throws may be taken prior to the start of the three official throws. The results of the same three throws will be used in the Weight Pentathlon and the Decathlon if you entered those categories also.
5. **HAMMER:** Competitors will have 3 attempts to obtain their best throw. Warm-up practice throws may be taken prior to the start of the three official throws. The results of the same three Hammer Throws will be used in the Weight Pentathlon if you entered that category also.
6. **HIGH JUMP:** The competition will have two flights determined by age. Warm-up practice jumps may be taken prior to the start of the official jumps. The results of the high jump will be used in the Decathlon if you entered that category also.
7. **JAVELIN:** Competitors will have 3 attempts to obtain their best throw. Warm-up practice throws may be taken prior to the start of the three official throws. The results of the same three throws will be used in the Weight Pentathlon and the Decathlon if you entered those categories also.
8. **WEIGHT THROW:** Weight Throw Competitors will have 3 attempts to obtain their best throw. Warm-up practice throws may be taken prior to the start of the three official throws. The results of the same three throws will be used in the Weight Pentathlon if you entered that category also.

