

## TRACK EVENTS

• HURDLES • 1500 METER RUN • 100 METER DASH • 400 METER DASH •  
• 200 METER DASH • 800 METER RUN • 1500 METER FAST WALK •

**EVENT DATE:** Saturday, April 5

**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. The track facility will open at 7:00 a.m. Competitors should plan to arrive at least one hour prior to the anticipated starting time. All of the Track Events will be run sequentially in the following order: 5K Race Walk, 100 meter Dash, 400 meter Dash, 800 meter Run, 200 meter Dash, 1500 meter Run, and 1500 meter Fast Walk.
  - a. All Track events will be held on a synthetic surface.
  - b. All Track events are timed finals.
2. Hurdles will be interspersed with the other events and run whenever time permits. Each hurdler will have the option of using one of two hurdle heights. The first height will be according to the USA Track and Field Standard so that participants can obtain official times and scores relative to the All-American Standards. The second height is a modified height calculated to be more consistent with the actual abilities of our competitors who do not train specifically for the hurdles.
3. The flights will be age-group and gender specific and limited to four competitors per flight as much as possible. The order of running will be women first from the eldest to the youngest followed by the men in the same order.
4. Runners may use running flats or 1/8" spikes. All footwear and apparel must be provided by the athlete and must comply with USATF Rule 71.
5. Some certified implements will be provided for all events and age groups. Athletes shall be permitted to use their own implements, provided they have been certified by the weigh-in official. Athletes who wish to use their own implements shall agree to all certification procedures including but not limited to, marking, impounding, etc.
6. Contact the event director for further information.

### SPORT RULES

1. This meet will be conducted in accordance with USA Track & Field (USATF) rules, except as modified herein. For a copy of these rules, please write or call:  
**USA Track & Field, One RCA Dome Suite 140, Indianapolis, IN 46225 (317) 261-0500**  
**[www.usatf.org](http://www.usatf.org)**
2. The competitors must not wear clothing that could impede the view of the judges.
3. Race numbers must be worn and visible at all times.

