



## TRACK & FIELD

Running Events: 50M, 100M, 200M, 400M, 800M, 1500M

Field Events: Discus, Shot Put, High Jump, Long Jump, Triple Jump, Pole Vault and Javelin

### Central Time Zone

**DATE & TIME** Saturday, June 8, 2024  
Saturday, June 8, 2024

Running Events 9:00 AM  
Field Events begin 9:00 - 11:00 AM See below

**JAVELIN – FRIDAY, JUNE 7, 2024 1:00 PM Central Time**

**LOCATION** Castle South Middle School  
3711 Casey Rd., Newburgh, IN 47630

**NOTE: Athletes may participate in ONE OF Race Walk or Power Walk but NOT BOTH.**

### TRACK & FIELD ORDER OF EVENTS

#### Central Time Zone

8:00 AM Race Walk 1500M  
8:30 AM Power Walk 1500M  
9:00 AM Running Events Begin  
50M  
100M  
800M  
200M  
1500M  
400M  
Race Walk 5000M  
Power Walk 5000M

#### Field Events – Cafeteria Style

**1:00 PM Javelin FRIDAY, JUNE 7<sup>TH</sup>**

9:00 AM Discus and Shot Put  
11:00 AM Long Jump  
1:00 PM Triple Jump  
12:00 PM High Jump  
Pole Vault

*Indiana State Games does NOT host Hammer Throw*

**There will be official hired timing for the running events this year.**

**Heat Sheets available day of meet prior to racing.**

**REGISTRATION** There is a \$5 add on fee for Track & Field at time of registration for this event.

## **GENERAL INFORMATION**

The following age divisions will apply to both men and women for all individual, doubles and relay competitions: 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94; 95-99; and 100+. Age divisions for competition will be determined by the age of the athlete as of December 31, 2024. Individual athletes may not use their performances at a qualifying event to qualify for a higher age bracket using the minimum performance standards of the higher age bracket. **No onsite registration is allowed.** The top four finishers in age, gender, and division will advance to the National Senior Games to be held July 24 – Aug 3, 2025 in Des Moines, Iowa.

## **T-SHIRT PICKUP**

T-shirt available to pickup at Bally's Evansville meeting room D Thursday, June 6 – Monday, June 10 8:00 am – 5:00 pm and will also be available for pick-up at the Celebration of Athletes Dinner or at Bally's main Casino Entrance 421 NW Riverside Dr.

## **MEDALS**

Medals are given to 1<sup>st</sup> (Gold), 2<sup>nd</sup> (Silver), 3<sup>rd</sup> (Bronze) in each age group. The Indiana State Games allows and encourages athletes from out of state to participate. The definition of an athlete's state of residence is that state in which the person resides for at least six months out of the year.

## **RULES**

See NSGA rules that apply.

## **QUESTIONS**

Contact [IndianaStateGames@gmail.com](mailto:IndianaStateGames@gmail.com) or call 812-297-9568 or please leave a message.

## **ENTRY REGULATIONS**

1. Athletes will use their own implements, provided they have been certified by the Track & Field Committee. Implements are not provided. Athletes must provide their own vaulting poles.
2. Shoes must comply with USATF Rule 143, 3(a) – (f).

## **FORMAT**

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. Awards will be presented for 1st through 3rd place for each event within each age division

# TRACK & FIELD

Running Events: 50M, 100M, 200M, 400M, 800M, 1500M

Field Events: Discus, Shot Put, High Jump, Long Jump, Triple Jump Pole Vault and Javelin

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## SPORT RULES

1. This meet will be conducted in accordance with USA Track & Field rules, except as modified herein. For a copy of these rules, please write, email or call: USA Track & Field 132 East Washington St., Suite 800 Indianapolis, IN 46204 (317) 261-0500  
[www.usatf.org](http://www.usatf.org)
2. Following are the weights of the various implements (subject to change) to be used for each gender and age division:
3. The competitors must not wear clothing that could impede the view of the judge

### FIELD MINIMUM PERFORMANCE STANDARDS (Metric)

MEN'S DIVISIONS								
Age	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault	Hammer
50-54	4.55	1.49	8.52	11.43	39.85	40.39	2.60	29.00
55-59	4.50	1.395	8.52	11.28	35.91	40.39	2.60	27.20
60-64	4.46	1.35	8.27	11.28	35.91	38.61	2.60	27.20
65-69	4.01	1.22	7.70	10.55	34.95	34.49	2.43	27.20
70-74	3.65	1.17	7.43	10.49	31.29	31.03	2.21	27.20
75-79	3.04	1.08	6.09	9.41	26.73	27.26	1.53	22.18
80-84	2.90	.99	4.97	9.07	22.73	22.65	1.10	21.72
85-89	1.73	.84	2.94	7.07	17.30	17.34	.86	17.60
90-94	1.19	.66	2.00	4.85	11.58	9.06	.86	14.00
95-99	1.19	.66	2.00	3.41	6.20	6.81	.86	5.00
100+	1.19	.66	2.00	3.05	6.20	5.00	.86	5.00

WOMEN'S DIVISIONS								
Age	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault	Hammer
50-54	3.37	1.07	6.60	8.94	22.40	21.15	1.22	19.30
55-59	3.37	1.04	4.73	8.93	22.40	21.15	1.22	19.30
60-64	3.23	.99	4.73	8.57	21.74	20.48	1.22	19.30
65-69	2.92	.99	4.73	7.51	17.45	17.75	1.22	16.26
70-74	2.52	.90	4.63	6.69	17.45	15.37	1.22	13.44
75-79	2.22	.78	3.52	6.40	15.81	13.92	1.22	11.11
80-84	1.57	.66	3.52	6.09	13.51	11.18	.91	7.70
85-89	.84	.56	2.50	4.55	8.38	6.54	.86	6.00
90+	.76	.56	2.30	2.13	3.15	4.27	.86	5.00

**FIELD MINIMUM PERFORMANCE STANDARDS (English)**

**MEN'S DIVISIONS**

<b>Age</b>	<b>Long Jump</b>	<b>High Jump</b>	<b>Triple Jump</b>	<b>Shot Put</b>	<b>Discus</b>	<b>Javelin</b>	<b>Pole Vault</b>	<b>Hammer</b>
<b>50-54</b>	14' 11.25"	4' 10.5"	27' 11.5"	37' 6"	130' 9"	132' 6"	8' 6.25"	95' 1.75"
<b>55-59</b>	14' 7.25"	4' 7"	27' 11.5"	37' 0"	117' 9.75"	132' 6"	8' 6.25"	89' 2.75"
<b>60-64</b>	14' 7.25"	4' 5"	27' 1.5"	37' 0"	117' 9.75"	126' 8"	8' 6.25"	89' 2.75"
<b>65-69</b>	13' 1.75"	4' 0"	25' 3.25"	34' 7.25"	114' 8"	113' 1.75"	7' 11.75"	89' 2.75"
<b>70-74</b>	11' 11.75"	3' 10"	24' 4.5"	34' 5"	102' 8"	101' 9.75"	7' 3"	89' 2.75"
<b>75-79</b>	9' 11.75"	3' 6.5"	19' 11.75"	30' 10.5"	87' 8.5"	89' 5.25"	5' 0.25"	72' 9.25"
<b>80-84</b>	9' 6.25"	3' 3"	16' 3.75"	29' 9"	74' 6.75"	74' 3.75"	3' 7.25"	71' 3"
<b>85-89</b>	5' 8"	2' 9"	9' 7.75"	23' 2.25"	56' 9"	56' 10.5"	2' 9.75"	57' 9"
<b>90-94</b>	3' 10.75"	2' 2"	6' 6.75"	15' 11"	37' 11.75"	29' 8.75"	2' 9.75"	45' 11"
<b>95-99</b>	3' 10.75"	2' 2"	6' 6.75"	11' 3.5"	20' 4"	22' 4"	2' 9.75"	16' 4.75"
<b>100+</b>	3' 10.75"	2' 2"	6' 6.75"	10' 0"	20' 4"	16' 10"	2' 9.75"	16' 4.75"

**WOMEN'S DIVISIONS**

<b>Age</b>	<b>Long Jump</b>	<b>High Jump</b>	<b>Triple Jump</b>	<b>Shot Put</b>	<b>Discus</b>	<b>Javelin</b>	<b>Pole Vault</b>	<b>Hammer</b>
<b>50-54</b>	11' 0.75"	3' 6"	21' 7.75"	29' 4"	73' 5.75"	69' 4.5"	4' 0"	63' 3.75"
<b>55-59</b>	11' 0.75"	3' 4"	15' 6.25"	29' 4"	73' 5.75"	69' 4.5"	4' 0"	63' 3.75"
<b>60-64</b>	10' 7.25"	3' 2"	15' 6.25"	28' 1.5"	71' 4"	67' 2"	4' 0"	63' 3.75"
<b>65-69</b>	9' 7"	3' 2"	15' 6.25"	24' 7.75"	57' 3"	58' 2.75"	4' 0"	53' 4.25"
<b>70-74</b>	8' 3.25"	2' 11.5"	13' 9.75"	21' 11.5"	57' 3"	50' 5"	4' 0"	44' 1.25"
<b>75-79</b>	7' 3.5"	2' 6.75"	11' 6.5"	21' 0"	51' 10.5"	45' 3"	4' 0"	36' 5.5"
<b>80-84</b>	5' 1.75"	2' 2"	11' 6.5"	19' 11.75"	44' 3.75"	36' 8"	2' 11.75"	25' 3.25"
<b>85-89</b>	2' 9"	1' 10"	8' 2.5"	14' 11.25"	27' 6"	21' 5.5"	2' 9.75"	19' 8.25"
<b>90+</b>	2' 6"	1' 10"	7' 6.5"	6' 11.75"	10' 4"	14' 1"	2' 9.75"	16' 4.75"

## TRACK MINIMUM PERFORMANCE STANDARDS

Minimum Performance Standards (MPS) are based on results from previous National Senior Games.

Age	MEN'S DIVISION		Metric			
	50 M	100 M	200 M	400 M	800 M	1500 M
50-54	:7.47	:13.82	:28.49	1:06.20	2:32.10	5:19.00
55-59	:7.51	:14.00	:28.74	1:06.40	2:35.14	5:24.20
60-64	:7.77	:14.30	:29.80	1:07.80	2:36.40	5:35.10
65-69	:7.98	:14.70	:30.90	1:11.20	2:50.40	6:03.80
70-74	:8.33	:15.62	:32.37	1:15.13	3:05.20	6:46.90
75-79	:8.92	:16.39	:36.90	1:27.60	3:24.88	7:32.90
80-84	:09.91	:18.94	:39.79	1:42.87	4:11.66	8:47.37
85-89	:10.54	:21.59	:51.17	2:18.75	5:30.32	13:01.62
90-94	:14.87	:37.84	1:03.00	3:30.00	7:00.20	16:05.00
95+	:16.54	:57.70	1:03.00	3:30.00	7:00.20	16:05.00

Age	WOMEN'S DIVISION					
	50 M	100 M	200 M	400 M	800 M	1500 M
50-54	:8.62	:16.35	:35.20	1:21.60	3:10.40	6:35.10
55-59	:8.62	:16.36	:35.52	1:22.98	3:15.36	6:51.28
60-64	:8.73	:16.61	:36.19	1:29.32	3:30.00	7:17.00
65-69	:9.25	:17.89	:37.42	1:38.77	3:50.00	7:42.34
70-74	:10.34	:19.36	:41.94	1:44.17	4:11.21	8:54.97
75-79	:11.18	:21.99	:46.84	1:55.20	5:02.30	10:55.47
80-84	:14.10	:25.28	1:06.55	2:48.07	6:11.80	13:44.30
85-89	:21.45	:35.82	1:40.41	3:51.30	8:34.92	16:30.00
90+	:23.83	:44.20	1:46.70	4:21.80	9:30.00	16:30.00