

ORDER OF PARTICIPATION FOR FIELD EVENTS
SENIOR GAMES – DECEMBER 14, 2019

(-) – Number of athletes entered in division - unofficial

**8 a.m. – Long Jump – All Women (9), M 80 & up (7), M 65-79 (11),
M 50-64 (10)**

**8 a.m. – Shot Put – M 50-59 (11), M 60-69 (10), M 70-79 (12),
M 80 & up (7), All women (13)**

**10 a.m. – High Jump – All women (8), M 75 & up (4), M 65-74 (12),
M 50 – 64 (8)**

**Noon – Javelin – All women (13), M 50-64 (13), M 65-74 (11),
M 75 & up (8)**

**1 p.m. – Discus – M 50-64 (11), M 65-69 (9), M 70-74 (11),
M 75 & up (14), All women (15)**

1 p.m. Triple Jump – All women (6), All men (15)

2 p.m. Pole Vault – All men and women competitors W (2), M (6)

NOTE:

- 1. Be sure to weigh all personal implements.**
- 2. Be sure to check in 30 minutes before start of event.**
- 3. Three attempts in all throws and horizontal jumps.**
- 4. No warm-ups unless official present.**
- 5. Warm-ups and venue open 45 minutes before event starts.**
- 6. Warm-ups only for first division at 15 minutes to start of event.**
- 7. Fifteen minutes of warm-up between flights.**
- 8. All measurements in feet and inches.**
- 9. Pay attention to what is going on in your event so you do not miss it.**
- 10. If you have another event overlapping, check it, do not hold up by just waiting.**
- 11. Good luck.**