

TRACK & FIELD RULES

All participants must be at least 55 years of age by December 31 of the year of the games.

AGE CATEGORIES / EVENTS:

AGE	EVENTS	NUMBER OF PARTICIPANTS PER PROVINCE/TERRITORY
55+	Women	3
55+	Men	3
60+	Women	3
60+	Men	3
65+	Women	3
65+	Men	3
70+	Women	3
70+	Men	3
75+	Women	3
75+	Men	3
80+	Women	3
80+	Men	3
85+	Women	Unlimited
85+	Men	Unlimited
TOTAL NUMBER OF PARTICIPANTS PER PROVINCE/TERRITORY = 36+		

Participants can enter a maximum of four (4) events, **PLUS the fun relay.**

Track Events:

50m
100m
200m
400m
800m
1500m
3000m

Field Events:

Discus
Javelin
Long jump
Shot put
Triple jump

FUN Relay 4 x 100m (women) / 4 x 100m (men)

NOTE: This is a NON-medal event.

Relay teams to be determined on site.

Participants may come from any/all Provs/Terrs to make up a team.

WEIGHTS:

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Discus:	Men: 55+ ~ 1.5kg. Women: 55+ and up ~ 1.0kg.	Men: 60+ and up ~ 1.0kg Women: 80+ ~ 0.75kg.
Javelin:	Men: 55+ ~ 700g. Men: 70+ & 75+ ~ 500g. Women: 55+ ~ 500g.	Men: 60+ & 65+ ~ 600g. Men: 80+ ~ 400g. Women: 60+ and up ~ 400g.
Shot put:	Men: 55+ ~ 6kg. Men: 70+ & 75+ ~ 4kg Women: 55+ and up ~ 3k	Men: 60+ & 65+ ~ 5kg. Men: 80+ ~ 3kg.

RULES:

1. International Amateur Athletic Federation Rules will apply.
2. If a province territory has insufficient people to fill out their quota from the above Track events, but have participants interested in participating only in Field events, they may do so as long as their total team numbers do not exceed the total number of participants allowed per province/territory as shown above.
3. If a Prov/Terr team is short a runner for the relay, they can pick up a runner from another Prov/Terr. However, each Prov/Terr has first choice for their own four runners.
4. The Host Committee has the option of giving the participants a maximum of six (6) throws in the field events.
The event Official has the discretion to adjust the number of throws in discus, shot put & javelin depending on the number of participants and the time available to run the event.
5. Participants are to be timed to a tenth (1/10) of a second. If a tie still exists, then both participants are declared winners.
6. **A runner will receive a warning on the first false start, then disqualified on the second false start.**
7. A medical examination two months prior to the games is strongly recommended.

Predicted Walk:

AGE	EVENTS	NUMBER OF PARTICIPANTS PER PROVINCE/TERRITORY
55+	Women	6
55+	Men	6
TOTAL NUMBER OF PARTICIPANTS PER PROVINCE/TERRITORY = 12		

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Participants can enter two (2) events: 400m walk each day for two (2) days (total 800m) and 1000m each day for two (2) days (total 2000m). Participants will be permitted to know their times after the first walk for the 400m and the first walk for the 1000m. The lowest combined total difference for each of the 400m and 1000m walked twice will determine the winner. For example: when 400m is walked the first time and the walker is over their predicted time by 6 seconds, and on the second walk they are under their predicted time by 3 seconds, the combined total time difference for that walker is 9 seconds.

The 400m predicted walk should be held on the staggered starts. If more than 8 participants, then a second heat should be held.

Participants cannot enter the timed events, but can, if necessary, enter the relay in their proper gender and can also enter two (2) field events.

Participants in the Predicted Time Event may use the assistance of walking aids (i.e. canes, Nordic poles, wheelchairs, etc.).

SCHEDULING:

1. In order to not have all sprints on the same day, and not all middle and long distance runs on the same day, it is recommended to the organizers that the schedule has the 100m and the 1500m in the morning of the first day, with the 400m in the afternoon; and on the second day have the 200m and the 3000m early in the morning with the 800m later in the afternoon.
2. The field events can then be scheduled around these sprints.