



TRACK & FIELD
50, 100, 200, 400, 800, 1500 Meter, 4x100-Meter Relay;
Discus; Hammer Throw; High Jump; Javelin;
Long Jump; Pole Vault; Shot Put; Triple Jump

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners or athletes meeting this sport's NSGA minimum performance standards in competition at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games.
2. All athletes who compete in hammer throw at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games.
3. Athletes who reside in a state that does not offer the hammer throw and pole vault may qualify for those events by meeting the "limited" event qualifying criteria in Rule D.
4. Athletes that qualify for and compete in the 50-, 100-, 200-, 400- or 800-meter events at the 2025 National Senior Games will be eligible to compete in the 4x100-meter relay. Athletes cannot qualify to compete in the relay event except in this manner.

ENTRY REGULATIONS

1. The Local Organizing Committee shall provide certified implements for all events and age groups. In addition, athletes shall be permitted to use their own implements, provided they have been certified by the Track & Field Committee. Athletes who wish to use their own implements shall agree to all certification procedures including but not limited to marking, impounding, etc. Athletes must provide their own vaulting poles.
2. Shoes must comply with USATF Rule 143, 3(a) – (f).
3. Registration for the relay event will take place at the track venue. Age division of relay teams will be based on the age of the youngest team member as of December 31, 2025.

FORMAT

1. Advancement to the finals for the 50m, 100m, 200m and 400m will be on time (the fastest 8 times to the final)
2. All races longer than 400m will be timed finals, with the fastest final going last.
3. All throws, long jumps and triple jumps will be conducted in flights. Two or more flights may be formed. Each athlete will have three trials in their flight, followed by a final of the athletes with the 8 best performances from all of the flights. These athletes will have three additional trials.
4. General order for track events is Women, Oldest to Youngest then Men, Oldest to Youngest.
5. Awards will be presented for 1st through 8th place for each event within each age division.

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 visit the USATF website www.usatf.org or call:

USA Track & Field
132 East Washington St., Suite 800
Indianapolis, IN 46204
(317) 261-0500

2. Following are the weights of the various implements (subject to change) to be used for each gender and age division:

Age Division	Discus	Hammer	Javelin	Shotput
M50-54	1.5kg	6kg	700g	6kg
M55-59	1.5kg	6kg	700g	6kg
M60-64	1.0kg	5kg	600g	5kg
M65-69	1.0kg	5kg	600g	5kg
M70-74	1.0kg	4kg	500g	4kg
M75-79	1.0kg	4kg	500g	4kg
M80+	1.0kg	3kg	400g	3kg
W50-54	1.0kg	3kg	500g	3kg
W55-59	1.0kg	3kg	500g	3kg
W60-74	1.0kg	3kg	500g	3kg
W75+	.75kg	2kg	400g	2kg

3. The competitors must not wear clothing that could impede the view of the judge.

TRACK MINIMUM PERFORMANCE STANDARDS

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

(Metric)

Age	MEN'S DIVISION					
	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	:9.91	: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



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	1.37	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	9.06	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	4.41	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								
Age	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault	Hammer
50-54	14' 11.25"	4' 10.5"	27' 11.5"	37' 6"	130' 9"	132' 6"	8' 6.25"	95' 1.75"
55-59	14' 7.25"	4' 7"	27' 11.5"	37' 0"	117' 9.75"	132' 6"	8' 6.25"	89' 2.75"
60-64	14' 7.25"	4' 5"	27' 1.5"	37' 0"	117' 9.75"	126' 8"	8' 6.25"	89' 2.75"
65-69	13' 2"	4' 0"	25' 3.25"	34' 7.5"	114' 8"	113' 1.75"	7' 11.75"	89' 2.75"
70-74	11' 11.75"	3' 10"	24' 4.5"	34' 5"	102' 8"	101' 9.75"	7' 3"	89' 2.75"
75-79	9' 11.75"	3' 6.5"	19' 11.75"	30' 10.5"	87' 8.5"	89' 5.25"	5' 0.25"	72' 9.75"
80-84	9' 6"	3' 3"	16' 3.75"	29' 9"	74' 6.75"	74' 3.75"	3' 7.25"	71' 3"
85-89	5' 8"	2' 9"	9' 7.75"	23' 2.25"	56' 9"	56' 10.5"	2' 10"	57' 9"
90-94	3' 10.75"	2' 2"	6' 6.75"	15' 11"	37' 11.75"	29' 8.75"	2' 10"	45' 11"
95-99	3' 10.75"	2' 2"	6' 6.75"	11' 3.5"	20' 4"	22' 4"	2' 10"	16' 4.75"
100+	3' 10.75"	2' 2"	6' 6.75"	10' 0"	20' 4"	16' 10"	2' 10"	16' 4.75"

WOMEN'S DIVISIONS								
Age	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault	Hammer
50-54	11' 0.75"	3' 6"	21' 7.75"	29' 4"	73' 5.75"	69' 4.5"	4' 0"	63' 4"
55-59	11' 0.75"	3' 4"	15' 6.25"	29' 4"	73' 5.75"	69' 4.5"	4' 0"	63' 4"
60-64	10' 7.25"	3' 2"	15' 6.25"	28' 1.5"	71' 4"	67' 2"	4' 0"	63' 4"
65-69	9' 7"	3' 2"	15' 6.25"	24' 7.75"	57' 3"	58' 2.75"	4' 0"	53' 4.25"
70-74	8' 3.25"	2' 11.5"	13' 9.75"	21' 11.5"	57' 3"	50' 5.25"	4' 0"	44' 1.25"
75-79	7' 3.5"	2' 6.75"	11' 6.5"	21' 0"	51' 10.5"	45' 8"	4' 0"	36' 5.5"
80-84	5' 1.75"	2' 2"	11' 6.5"	19' 11.75"	44' 3.75"	36' 8"	2' 11.75"	25' 3.25"
85-89	2' 9"	1' 10"	8' 2.5"	14' 11.25"	27' 6"	21' 5.5"	2' 10"	19' 8.25"
90+	2' 6"	1' 10"	7' 6.5"	6' 11.75"	10' 4"	14' 0"	2' 10"	16' 4.75"