



2022 NATIONAL SENIOR GAMES

PRESENTED BY HUMANA

Track and Field Schedule

(Updated 6-23-21)



	TUESDAY 5-10	WEDNESDAY 5-11	THURSDAY 5-12	FRIDAY 5-13	SATURDAY 5-14	SUNDAY 5-15	MONDAY 5-16	TUESDAY 5-17
	Power Walk/Race Walk	Practice	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
RACES ON THE TRACK								
M/W - All Ages	1500M Race Walk Finals (7:30am)	Track Practice 10:00am-4:00pm	50M Prelims	50M Finals	100M Finals	800M Finals	200M Finals	1500M Run Finals
	1500M Power Walk Finals (Follows Race Walk)		400M Prelims	100M Prelims	400M Finals	200M Prelims	4x100M Relay Finals	
RACES OFF THE TRACK								
		5K Race Walk (7:30am)	5K Road Race (7:30am)		10K Road Race (7:30am)			
		5K Power Walk (Follows Race Walk)						
JUMPS								
High Jump		Jumps Practice 10:00am-4:00pm	W 65+	M 65-74	W 50-64	M 60-64	M 75+	M 50-59
Long Jump			M 50-64		M 75+	M 65-74	Women - All Ages	
Pole Vault				M 75+	M 50-64	Women - All Ages	M 65-74	
Triple Jump				M 50-64	M 65-74	M 75+		Women - All Ages
THROWS								
Discus		Throws Practice 10:00am-4:00pm	W 50-64	W 65-79	W 80+/M 85+	M 50-64	M 65-74	M 75-84
Hammer			M 50-64	M 65-74		M 75-84	W 50-64	W 65+/M 85+
Javelin			W 65-79	W 80+/M 85+	M 50-64	M 65-74	M 75-84	W 50-64
Shot Put			W 80+/M 85+	M 75-84	M 65-74	W 50-64	W 65-79	M 50-64
NOTES								
1.) Advancement to the finals for the 50m, 100m, 200m, & 400m will be on time (with the 8 fastest times advancing to the finals)								
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 3 trials in their flight, followed by a final of the 8 best performances from all the flights. The athletes making the finals, will have 3 additional trials.								
4.) General order for track events is - WOMEN - Oldest to Youngest, then - MEN - Oldest to Youngest								

**Approximate Times Will Be Posted Once Registration Has Closed
(Subject to Change)**