



# 2023 NATIONAL SENIOR GAMES

PRESENTED BY HUMANA

## Track and Field Schedule

(Updated 11.4.22)



	FRIDAY 7-07	SATURDAY 7-08	SUNDAY 7-09	MONDAY 7-10	TUESDAY 7-11	WEDNESDAY 7-12	THURSDAY 7-13	FRIDAY 7-14
	RW/PW	RW/PW	Practice/Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
<b>RACES ON THE TRACK - Held at South Fayette High School (Track &amp; Field Stadium)</b>								
<b>M/W - All Ages</b>	1500M Race Walk Finals		Track Practice	50M Prelims	50M Finals	100M Finals	800M Finals	1500M Run Finals
	1500M Power Walk Finals (Follows Race Walk)			400M Prelims	400M Finals	200M Prelims	200M Finals	4x100M Relay Finals
				100M Prelims				
<b>RACES OFF THE TRACK - Locations Vary (TBA)</b>								
	10K Road Race	5K Race Walk	5K Road Race					
		5K Power Walk (Follows Race Walk)						
<b>JUMPS - Held at South Fayette High School (Track &amp; Field Stadium)</b>								
<b>High Jump</b>			Jumps Practice	M 75+	M 50-64	M 65-74	W 65+	W 50-64
<b>Long Jump</b>				W - All Ages	M 65-69	M 50-64	M 80+	M 70-79
<b>Pole Vault</b>				M 50-64	M 75+	W 50-64	M 65-74	W 65+
<b>Triple Jump</b>				M 65-74	W - All Ages	M 75+	M 50-59	M 60-64
<b>THROWS - Held at Robert Morris University Island Sports Center/P3R Track &amp; Field Complex</b>								
<b>Discus</b>		Throws Practice	W 65+ / M 80+	M 70-79	M 50-69			W 50-64
<b>Hammer</b>			W 50-64	W 65-74	M 50-69	M 70+	W 75+	
<b>Javelin</b>			W 50-64	W 65-79	W 80+ / M 80+	M 70-79	M 50-64	M 65-69
<b>Shot Put</b>			M 65-69	M 50-64	W 75-79 / M 70-79	W 50-69	W 70-74 / W 80+	M 80+
<b>NOTES</b>								
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)**