



55+ BC Games

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Track and Field

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- 1. Age Categories:** Men and Women:
55 to 59, 60 to 64, 65 to 69, 70 to 74,
75 to 79, 80 to 84, 85 to 89, **90 to 94, 95 to 99, 100+**

Note: Ages to be determined as of the first day of competition.

- 2. Events:** In all age categories and in both divisions:

- 50m**
- 100m**
- 200m**
- 400m**
- 800m
- 1500m
- 5000m
- Sprint Hurdles
- Long Hurdles
- 10K Road Race
- 5000m Power Walk
- **1500m Race Walk**
- High Jump
- Triple Jump
- Long Jump
- Discus
- Javelin
- Shot
- Hammer Throw
- Weight Throw
- Pole Vault
- Pentathlon
- **Throws** Pentathlon

** Zone Track and Field Coordinators should attempt to provide seed times for Participants in these events. Participants without seed times will receive less-favourable lane assignments.

Relay Events:

- 4x100m Relay (M); (W)
- 4x100m Mixed Relay (2M/2W)
- 4x400m Relay (M); (W)
- 4x400m Power Walk Relay (M); (W)

3. Participation:

- (a) There will be no limit to the number of participants allowed to register for the Games. Each zone may register all of their athletes who wish to compete.
- (1) Zones should ensure that all their participants in the older age groups are encouraged and given every opportunity to compete in the Games.
- (b) Participants must compete in their own age group.

- (c) There will be a maximum of 8 individual events that an athlete may enter at the Games. Multi-events will be considered as only 1 event. No provision will be made for Participants who knowingly enter events with conflicting start times on the published schedule.
- (1) Zone Coordinators should be conscious of the strenuous nature of the events and encourage athletes to enter only those events in which they can effectively and safely compete, and for which, particularly in the throwing events, they are properly prepared.
 - (2) Each athlete must indicate on his/her Sport Form every event in which he/she will be competing since no late entries will be accepted after the official closing date.
 - (3) An athlete may enter either or both multi-events (Pentathlon and/or Throws Pentathlon) but no other individual events on that day.

4. **2017 Schedule of Events:**

NOTE: All events scheduled after 10 am could be moved ahead by up to half an hour.

WEDNESDAY

Time	Track	Women Field	Men Field
9:00	5000m (M70+)		Hammer (M65-74)
9:45	Hurdles (W-Pent)		
10:00	5000m (W70+)		Hammer (M75+) Long Jump (M-Pent)
10:45	5000m (W55-69)		
11:00		High Jump (W-Pent)	Hammer (M55-64) Javelin (M-Pent)
11:30	5000m (M55-69)		
12:00	200m (M-Pent)	Shot Put (W-Pent)	
	<i>Lunch Break</i>		
1:00	400m Hurdles – 33” (M55-59)	Long Jump (W-Pent) Hammer (W70+)	Discus (M-Pent)
1:15	300 m Hurdles – 30” (M60-69) (W55-59)		
1:30	300m Hurdles – 27” (M70-79) (W60-69)		
1:45	200m Hurdles – 27” (M80+) (W70+)		
2:00	800m (W-Pent)	Hammer (W55-69)	
2:15	1500m (M-Pent)		
4:00	<i>Awards Presentation</i>		

THURSDAY

Time	Track	Women Field	Men Field
9:00	5000m Power Walk (M)	Discus (W70+) Long Jump (W55-69)	Javelin (M55-64)
10:00	5000m Power Walk (W)	Discus (W55-69)	Javelin (M65-74) Long Jump (M55-69)
11:00	100m (W) *		Javelin (M75+)
11:30	100m (M) *		
12:00	<i>Awards Presentation</i>		
1:00	1500m (W) *	Long Jump (W70+) Javelin (W55-69)	Discus (M55-64)

1:30	1500m (M) *		
2:00		Javelin (W70+)	Discus (M65-74) Long Jump (M70+)
2:30	400m (W) *		
3:00	400m (M) *		Discus (M75+)
4:00	4x100m Mixed Relay		
4:30	Awards Presentation		

*Order will be oldest age Groups first (Heats determined by meet director)

FRIDAY

Time	Track	Women Field	Men Field
9:00	1500m Race Walk (W55-69)		Triple Jump (M55-69) Weight Throw (M75+)
9:30	1500m Race Walk (M55-69)		Pole Vault (all Men)
10:00	1500m Race Walk (W70+)	Shot Put (W55-69)	Triple Jump (M70+) Weight Throw (M65-74)
10:30	1500m Race Walk (M70+)		
11:00	200m (W) *	Pole Vault (all Women) Shot Put (W70+)	Weight Throw (M55-64)
11:30	200m (M) *		
12:00	Awards Presentation		
1:00	800m (W) *	Triple Jump (W65+) Weight Throw (W55-69)	Shot Put (M75+)
1:30	800m (M) *		
2:00		Triple Jump (W55-64) Weight Throw (W70+)	Shot Put (M65-74)
2:15	4x400m Power Walk Relay (W)		
2:30	4x400m Power Walk Relay (M)		
3:00	4x100m (W)		Shot Put (M55-64)
3:15	4x100m (M)		
4:00	Awards Presentation		

*Order will be oldest age Groups first (Heats determined by meet director)

SATURDAY

Time	Track	Women Field	Men Field
9:00	10K Road Race (W & M)		Hammer (M-Throws Pent)
9:45		Hammer (W-Throws Pent)	Shot Put (M-Throws Pent)
10:00	100m Hurdles – 36” (M55-59)		High Jump (all Men)
10:15	100m Hurdles – 33” (M60-69)		
10:30	80 m Hurdles – 30” (W55-59) (M70-79)	Shot Put (W-Throws Pent)	Discus (M-Throws Pent)
10:45	80m Hurdles – 27” (W60+) (M80+)		

11:00	50m (W) *		
11:15		Discus (W-Throws Pent)	Javelin (M-Throws Pent)
11:30	50m (M) *	High Jump (all Women)	
12:00	4x400m (W)	Javelin (W-Throws Pent)	Weight (M-Throws Pent)
12:15	4x400m (M)		
12:45		Weight (W-Throws Pent)	
1:00	Awards Presentation		

***Order will be oldest age Groups first (Heats determined by meet director)**

5. Competition:

All events will be conducted under I.A.A.F. and WMA/CMA/BCA rules unless specifically indicated otherwise in this Rules Book.

It is required that the Host Society obtain an official sanction for this meet from B.C. Athletics and that electronic timing and wind reading measurements be recorded for all appropriate Track and Field events, and that suitable scales be available for weighing Competitor's own implements.

- (a) The 5000m Walking Event in the 55+ BC Games **is a** "power walk" as opposed to **a** "race walk" and **is** not covered by IAAF rules.
- (1) It is recommended that at least three qualified race walk judges be in attendance for these events.
 - (2) In the Power Walk, one foot must be in contact with the ground at all times (i.e. no running or jogging allowed);
 - (3) In addition, the heel of the foot must strike the ground first, followed by the transference of the weight to the front portion of the foot (the 'heel and toe' walking motion). Landing on the flat foot or on the front portion of the foot, resulting in a shuffling motion is not allowed.
 - (4) If, after receiving two official warnings, a Participant continues to violate these rules, he or she will be disqualified. Infractions in the final lap of a race may make it impossible for visual warnings to be given, but can still result in disqualification.
 - (5) In the 4 x 400m power walk relay priority must be given to participants registered in the 5000m power walk.
- (b) Hurdles – Weighted competition hurdles will be used for all hurdle events. Technical specifications (heights and spacing) will be as per the WMA Rules.

Sprint Hurdles			spacing
	M55-59	100m – 36"	13/8.5/10.5
	M60-69	100m – 33"	12/8.0/16
	M70-79 & W55-59	80m – 30"	12/7.0/19
	M80+ & W60+	80m – 27"	12/7.0/19

Long Hurdles			
	M55-59	400m at 33" (10 hurdles)	45/35/40
	M60-69 & W55-59	300m at 30" (7 hurdles)	50/35/40
	M70-79 & W60-69	300m at 27" (7 hurdles)	50/35/40
	M80+ & W70+	200m at 27" (5 hurdles)	20/35/40

- (c) Pentathlon is a single event comprised of five individual elements:
- Men's: Long Jump; Javelin; 200m; Discus; 1500m.
 - Women's: 80 mH; High Jump; Shot; Long Jump; 800m.

- (1) All Pentathletes will compete together at the times indicated on the schedule, with women competing first.
 - (2) Pentathletes are restricted to three attempts only in the jumps and throws.
 - (3) The Pentathlon will be scored according to the IAAF Points Tables used in the Olympics.
 - (i) The athlete's results will be age-graded according to the age factors used by the Canadian Masters Athletics (CMA) and the World Masters Athletics (WMA). They will then be scored on the International Points Tables.
 - (4) Medals will be awarded in the Pentathlon based upon the total score obtained for performance in all five elements of the competition.
 - (5) A Participant failing to register a distance in a throw or in the Long Jump events will receive zero points but will be allowed to continue in the competition and receive a final score.
 - (6) A Participant must begin competing in each event in order to receive a final score. Failure to start in an event will lead to disqualification.
- (d) The **Throws** Pentathlon is also a single event comprised of five individual elements:
 - Hammer; Shot; Discus; Javelin; Weight Throw (in that order).
- (1) All **Throw** Pentathletes will compete together, oldest to youngest, with throwing order being determined randomly after the first event.
 - (2) Athletes are restricted to three attempts only in each event.
 - (3) Scoring will be determined using the WMA approved method, similar to the regular Pentathlon.
 - (4) A participant failing to register a legal throw in any event will receive zero points, but may continue on to the next event if he/she so desires. However, a Participant must begin competition in each event in order to avoid disqualification.
 - (5) Medals will be awarded based upon the total score obtained from the performance in all five elements of the competition.
- (e) All track events will be staged as Finals. Where there is more than one Final in an age group, the results of both or more races will be combined to give overall placings based upon times.
- (f) Sprint Events: "Seed times" (i.e., the best time run in the current year) should be provided for each entrant in the 50m, 100m, 200m, and 400m. If there is a need to run more than one Final in an age group, these "seed times" will be used to determine the runners in the fastest and slowest Finals. Age groups will nevertheless, run all sprint races. If no "seed time" is available, the Participant will be placed in the slowest Final.
- (g) Field Events:
- (1) In the throwing events, the following IAAF/WMA weights will be used:

	<u>Men</u>	<u>Women</u>
Discus	1.5 kg (55 - 59) 1.0 kg (60+)	1.0 kg (55 - 74) 750 g (75+)
Shot/Hammer:	6 kg (55 - 59) 5 kg (60 - 69) 4 kg (70 - 79) 3 kg (80+)	3.0 kg (55 - 74) 2.0 kg (75+)
Javelin	700 g (55 - 59) 600 g (60 - 69) 500 g (70 - 79) 400 g (80+)	500 g (55-74) 400 g (75+)

Weight	25 lbs (55 – 59)	16 lbs (55 – 59)
	20 lbs (60 – 69)	12 lbs (60 - 74)
	16 lbs (70 – 79)	4 kg (75+)
	12 lbs (80+)	

- (2) In the individual throwing events each competitor will be allowed 4 attempts and there will be no performance standards.

In the horizontal jump events, each participant is entitled to 3 attempts. In order to qualify for a further 3 attempts, he/she must achieve a mark which is

- in the top 8 for those competing in his/her category and also meets the performance criteria.

- (3) The following are the 55+ BC Games Performance Standards:

Age Group	<u>Long Jump</u>		<u>Triple Jump</u>	
	(W)	(M)	(W)	(M)
55-59	2.25m	3.50m	4.50m	8.00m
60-64	2.00m	3.25m	4.25m	7.50m
65-69	1.70m	3.00m	4.00m	7.00m
70-74	1.65m	2.50m	3.50m	6.00m
75-79	1.60m	2.25m	3.00m	5.00m
80-84	1.50m	2.00m	3.00m	4.50m
85+	1.25m	1.50m	3.00m	4.00m

- (h) Zone Coordinators should also complete a composite list of entrants by age and event and should advise the Track & Field Meet Director, in writing, as to which relay events the Zone will be entering a team or teams. **All zones must have a minimum of 2 relay runners in order to form a relay team, with the exception of zones 3 and 4 who must have 4 runners. If a zone has 2 or 3 runners, they can pick up individuals from any other zone to complete their team.**
- (1) Names of the Zone Relay Team members will be finalized at the Games and given to the Track and Field Meet Coordinator no later than noon on the day of the event.
- (i) **All relay teams are eligible for medals (according to the order of finish) but only teams with four runners from their zone are eligible to set 55+ BC Games records.**
- (j) Coaches – No coaching will be allowed within the competition area while an event is in progress.
- (k) Competitors' numbers – Identification numbers must comprise of four digits – the first two indicating the age group, e.g., 60 for the 60-64 age group. In track events, identification numbers are to be worn on the back and front and must be visible. In field events, the number may be worn on the back or front as is appropriate for the event.

6. Medals:

Gold, Silver and Bronze medals shall be awarded to the top three Participants in each event, and to each member of the top three relay teams.