



2024
 Kansas Senior Games
 Track and Field Schedule and Meet Information
 Sunday, September 15, 2024
[Shawnee Heights High School](#)
 4201 SE Shawnee Heights Rd, Tecumseh, KS 66542

MEET SCHEDULE

TRACK EVENTS		
TIME	EVENT	NOTE
10:00 a.m.	1500m Race Walk	Timed Final
10:30 a.m.	1500m Run	Timed Final
11:15 a.m.	100m Dash	Timed Final
12:00 Noon	400m Dash	Timed Final
12:30 p.m.	5000m Race Walk	Timed Final
1:15 p.m.	3000m Run	Timed Final
2:00 p.m.	200m Dash	Timed Final
2:30 p.m.	800m Run	Timed Final
3:00 p.m.	50m Dash	Timed Final

FIELD EVENTS		
TIME	EVENT	NOTE
9:00 a.m. to 11:30 a.m.	Shot Put	Cafeteria Style – 4 attempts
9:00 a.m. to 11:30 a.m.	Long Jump	Cafeteria Style – 4 attempts
9:00 a.m. to 11:30 a.m.	Standing Long Jump	Cafeteria Style – 4 attempts
9:00 a.m. to 11:30 a.m.	High Jump	Progressive Heights
11:30 a.m. to 12:00 Noon	Officials Break and Transition	
12:00 noon to 3:00 p.m.	Javelin	Cafeteria Style – 4 attempts
12:00 noon to 3:00 p.m.	Pole Vault	Progressive Heights
12:00 noon to 3:00 p.m.	Triple Jump	Cafeteria Style – 4 attempts
12:00 noon to 3:00 p.m.	Discus	Cafeteria Style – 4 attempts

GENERAL MEET INFORMATION

1. Registration Deadline – Friday, September 13, 2024 at 12:00 p.m., CDT.
2. Register for this meet online – using another link will not be accepted.
3. The deadline will not be extended. Online registration only. No refunds.
4. No walk-up registrations and no event changes; scratches only.
5. \$40 per athlete for a maximum of five (5) events
6. If a participant loses their Bib OR WRISTBAND there will be a \$10 Replacement Fee.
7. Medals must be picked up on site and will NOT be mailed.
8. Note that for field events, results will not be posted until the conclusion of the event and there could be delays in posting the results online.
9. High jump and pole vault competitions may have women and men competing at the same time based on the number of athletes and officials present.
10. This information AND SCHEDULE may be amended up to the day/time of the Meet and Relay at the sole control and decision of Meet Management, AND IF WEATHER OR FACILITIES ISSUES CAUSE THE NEED FOR CHANGES.

COMPETITION FORMAT and MEET OPERATIONS:

1. Events will use USATF rules unless modified herein by SSG to govern the meet and competition.
2. For all participants the age determination date is September 15, 2024.
3. Running events will be conducted youngest to oldest; women then men
4. All participants must supply their own throwing implements and pole vault poles.
 - a. [Click here for official Implement Weights.](#)
5. Starting Blocks will be provided.
6. Measurements will be made Metrically.
7. All result protests must be made no later than 30 minutes after the results have been posted on site. A protest fee of \$75 will apply and must be paid on site. If the protest is ruled to be in favor of the protesting party, the \$75 protest fee will be returned.
8. All results are final after the 30-minute protest deadline and will not be changed once they are posted on this website.
9. Medals will be distributed to the top three in each age group per gender (e.g., 50-54, 55-59, 60-64, 65-69, and so on....) once all trials have been completed in particular age groups. Medals must be picked up on site and will not be mailed. NO EXCEPTIONS.
10. All participants are advised to bring their own water and water bottles to remain hydrated.
11. Field event check-in will be on-site. Please be ready to compete at that time. Events will begin promptly when scheduled.
12. All running event check-in will be conducted at the heating tent near the middle of the turf field.
13. All running events will be conducted Female first followed by Male, and youngest to oldest.
14. It is the athletes' responsibility to have all warm-up completed prior to competition start time. Note: As with all track meets, events may run faster or slower, depending on the number of entries.

Cafeteria Style for Field Events:

IT IS THE ATHLETE'S RESPONSIBILITY TO HAVE COMPLETED ALL TRIALS IN THEIR FIELD EVENTS PRIOR TO THE CLOSING OF THE EVENT!

1. The following Field Events will be conducted "cafeteria style" – Long Jump, Standing Long Jump, Triple Jump, Shot Put, Discus, Javelin, and Hammer
2. Cafeteria style denotes that you have an opportunity to complete all trials in your registered field events within the allotted time. A maximum of four (4) attempts will be allowed for each registered athlete. An athlete may take one or four attempts within the allotted time scheduled for the event.

High Jump and Pole Vault Competitions

ALL high jumpers and pole vaulters are to be checked in and have established their approach marks prior to the start of the high jump or pole vault competition.

1. The High Jump and Pole Vault competitions will be competed using a progressive height increase format. Measurements will be made metrically.
2. One (1) pit will be used for the High Jump and Pole Vault competitions with both genders competing in one competition.
3. The starting bar height will begin as noted herein. Measurements will be made metrically. Once the bar begins its progression, it will not be lowered for any reason except to break ties within an age grouping; **NO EXCEPTIONS**.
4. High Jump Progressions will be as follows - 0.91m, 0.96m, 1.01m, 1.06m, 1.11m, 1.16m, 1.21m, 1.26m, 1.31m, 1.36m, 1.41m, 1.46m, 1.51m, 1.56m, 1.61m, 1.66m, 1.71m, 1.76m, 1.81m, 1.86m, 1.91m by, 1.96m, 2.01m
 - a. When the bar reaches approximately 4'-00" (1.21m), 5'-00" (1.51m), or 6'-00" (1.81m) a maximum five-minute warm-up period will be allowed for any athletes joining the competition within that range of progressions up to the next warm-up height.
 - b. The Final Remaining Female Jumper and Male Jumper in the competition will have the opportunity to raise/place the bar at the height of their choice which may or may not follow the progressions listed above.
5. Pole Vault Progressions will be as follows – 1.83m (approximately 6'-00") with progressions of 15cm = approximately 6") as follows - 1.98, 2.13m, 2.28m, 2.43, 2.58m, 2.73m, 2.88m, 3.03m, 3.18m, 3.33m, 3.48m, 3.63m, 3.78m, 3.93m, 4.08m.
 - a. When the bar reaches approximately 7'-00" (2.13m), 8'-00" (2.43m), 9'-00" (2.73m), or 10'-00" (3.03), or 11'-00" (3.33m), etc., a maximum five-minute warm-up period will be allowed for any athletes joining the competition within that range of progressions up to the next warm-up height.
 - b. The Final Remaining Female Vaulter and Male Vaulter in the competition will have the opportunity to raise/place the bar at the height of their choice which may or may not follow the progressions listed above.
6. If a high jumper or pole vaulter is not present when their name is called to execute a jump or vault, he or she will be considered having passed at that height. When the individual returns, he or she will jump or vault at the height the bar is currently setting, and there are **NO EXCEPTIONS**.
7. A maximum of three (3) attempts will be allowed at any one height. An athlete make take one or all three attempts to clear a height, or may pass an attempt or a height. Once an athlete has made three consecutive misses they are eliminated from the competition.
8. Two (2) marks of athletic tape (no chalk allowed) for High Jump, and one (1) mark of athletic tape (no chalk allowed) for Pole Vault are allowed for each athlete.
9. High Jump attempts must be made off one foot.
10. Breaking the plane of the bar extended through identified jumping area – or touching the pit – without making an attempt to clear the bar is a foul attempt.

END OF DOCUMENT