

2011 Iowa Senior Olympics: Frisbee Throw for Distance

Schedule: Friday, June 17. 2:00 – 3:00 P.M.

Venue: [Valley Football Stadium](#) (all Venue directions are on the Events page)
Mills Civic Parkway & Fuller Road

Divisions: 5-Year Age Brackets (i.e. 50-54, 55-59, 60-64, 65-69...)

Equipment: Frisbees will be supplied by the I.S.O. Competitors using their own Frisbees must have discs which conform to National Disc Golf regulations.

Event Regulations & Format:

1. Participants must check in within one hour of the published starting time.
2. Participants will be allowed one warm-up throw and three (3) official throwing attempts
3. The objective is to achieve the longest distance. The distance is determined by where the disc first strikes the ground.
4. A foot fault called by the official will automatically nullify that throw.
5. If a disc lands outside the foul lines, it will be charged as a throw, but will not count for distance.
6. In case of a tie, the participant with the second longest throw will be declared the winner. If a tie still remains, duplicate medals will be awarded.
7. ISO reserves the right to change the event format for any age division based on entry numbers, space restrictions, or other circumstances.