

2011 Iowa Senior Olympics Track & Field

Venue: This year's championships will be held on the beautiful new facility at [Waukee High School](#), 555 University Ave in Waukee.

Get directions for all the venues on the "Events" page of the website.

Schedule:

Saturday, June 18

Track: Running Events

8:15 a.m.	5,000 Meter Race Walk	Waukee HS Stadium
9:15 a.m.	100 Meter Dash	Waukee HS Stadium
10:15 a.m.	1,500 Meter Run	Waukee HS Stadium
10:45 a.m.	400 Meter Run	Waukee HS Stadium
11:15 a.m.	1,500 Meter Race Walk	Waukee HS Stadium
11:45 a.m.	50 Meter Dash	Waukee HS Stadium
12:30 p.m.	800 Meter Run	Waukee HS Stadium
1 p.m.	200 Meter Dash	Waukee HS Stadium

Track: Field Events

1-2:30 p.m.	Shot Put (50-64)	Waukee HS Stadium
1-2:30 p.m.	Discus (65+)	Waukee HS Stadium
1:30 p.m.	High Jump	Waukee HS Stadium
2-4 p.m.	Running Long Jump	Waukee HS Stadium
2-3:30 p.m.	Standing Long Jump	Waukee HS Stadium
2:30-4 p.m.	Shot Put (65+)	Waukee HS Stadium
2:30-4 p.m.	Discus (50-64)	Waukee HS Stadium
4-5 p.m.	Triple Jump	Waukee HS Stadium
5-6 p.m.	Javelin Throw	Waukee HS Stadium

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

Track Events

Event Regulations:

1. All races will be run as timed finals. Those requiring heats will be run in randomly drawn heats.
2. Athletes who tie will both be awarded the highest place for both athletes.
3. Two false starts by an individual disqualifies him/her from that competition.
4. Maximum spike length shall be 1/4".

5. The 4 x 100 Relay is not a National Qualifying event. No medals will be given for this event. You may choose men or women of any age but the total age of the four (4) members must total at least 250 years of age. Each athlete runs 100 meters and the baton must be exchanged in the designated zone. Batons will be provided.

6. Age divisions may be grouped for convenience of running the meet but awards will be given for place within your own age group.

7. If any participant is physically aided by another person during an event he/she shall be disqualified.

8. The Local Organizing Committee shall provide certified implements for all events and age groups. In addition, athletes shall be permitted to use their own implements, provided they have been certified by the Track & Field Committee. Athletes who wish to use their own implements shall agree to all certification procedures including but not limited to marking, impounding, etc. NOTE: The number and size of the Javelins may be limited.

9. Shoes must comply with USATF Rule 71.

Field Events

Event Regulations:

1. Each contestant gets three attempts (trials) in each event. Only one fair trial is required to place.

2. Trials shall be taken in order listed on sheet. Failure to take trial when called will result in pass (failure). Only exceptions are those who request to be excused for 10 minutes to participate in another event at the track meet. If you leave to compete at another sport you may not come back and “make up” your missed attempts.

3. Fouls:

- Shot Put: Touching ground outside of circle or top of toe board outside of circle or failure to leave, under control, by the back half of circle.
- Discus: Touching ground outside of circle or failure to leave, under control, by the back half of circle.
- Long Jump: Any part of takeoff foot extending beyond plane of takeoff board.
- Standing Jump: Any part of takeoff feet extending beyond plane of scratch line.
- Triple Jump: Any part of takeoff foot/feet extending beyond plane of scratch line.
Competitors must complete a Hop / Step / and Jump to be considered a Triple Jump. Ex: Take off on Rt foot / hop to Rt foot / step to left foot / jump into pit and land on both feet.

4. Measure each trial in long jump/standing LJ/triple jump. In shot and discus, mark throws with flag and measure in groups as determined by officials.

5. In the event of a tie, the second best throw or jump will determine the winner as per USATF rules.

6. Competitors shall use the implements provided by the meet officials. Said implements will be certified. NOTE: The number and size of the Javelins may be limited.

Format:

1. For track events, the number of heats will be determined based on the number of entries.

Sport Rules:

1. This meet will be conducted in accordance with USA Track & Field rules, except as modified herein. For a copy of these rules, please write or call:

USA Track & Field
One RCA Dome Suite 140
Indianapolis, IN 46225
(317) 261-0478
www.usatf.org

Race Walk

Sport Rules:

1. All race walking events will be conducted in accordance with USA Track & Field rules, except as modified herein. For a copy of these rules, please write or call:

USA Track & Field
One RCA Dome Suite 140
Indianapolis, IN 46225
(317) 261-0500
www.usatf.org

2. Athletes must use proper race walking techniques or risk disqualification.

- One foot must be on the ground at all times. This means that the lead foot must be in contact with the ground before the back foot can leave the ground. When a person loses contact with the ground, both feet off the ground at the same time, this is called **lifting**.
- Each leg must be straightened at least momentarily during each stride taken by the race walker. If a race walker fails to straighten his/her leg momentarily on each stride, this is called **creeping**.

3. If a race walker fails to abide by one of these rules, he/she may be given a caution (warning) by one or more of the judges. If a judge observes the same infraction of 2nd time, the judge shall disqualify the athlete without another caution (warning).

4. If the athlete receives a disqualification from two different judges, the athlete shall be disqualified from the event and must leave the competition.

5. Disqualification can also occur after the competition if assembled judges agree.

6. Flagrant violation of rule 2 or flagrant blocking, intentional or excessive careless interference with another race walker will result in disqualification without any caution (warning).

7. In case of a tie, duplicate medals will be awarded.