

PASADENA SENIOR GAMES 2025

HOSTED BY



65
Years
GETTING BETTER
WITH AGE



TRACK & FIELD

Competition Schedule

Meet Director: Todd Zgorzelski

Saturday, May 31

Track Schedule

7:30 - Registration Opens
8:30 - 5,000M Race Walk*
9:30 - 5,000M Run
10:45 - 50M Dash
11:15 - 1,500M Race Walk*
12:00 - 1,500M Run
12:25 - 400M Run
12:55 - 1,500 Power Walk**
1:30 - 100M Dash
2:10 - 800M Run
2:45 - 200M Dash

* Register for this event under "Race Walk"

** Register for this event under "Power Walk"

*** Competition in upper field

++ Implement Weigh-In at Main Track (for non-Javelin Throwers) opens 9:15

Field Schedule

7:30 - Implement Weigh-In
(Upper Field) ++
8:30 - Javelin (W then M)***
9:15 - High Jump (W then M)
10:15 - Softball Throw (W then M)
10:15 - Long Jump (M then W)
12:30 - Discus (W then M)
12:30 - Shot Put (M then W)
12:30 - Triple Jump (W then M)
12:30 - Pole Vault

Implements

Women: 50+ SP, 3kg; DT, 1.0kg; JT, 500g
60+ SP, 3kg; DT, 1.0kg; JT, 500g
75+ SP, 2kg; DT, .75kg; JT, 400g
Men: 50+ SP, 6kg; DT, 1.5kg; JT, 700g
60+ SP, 5kg; DT, 1.0kg; JT, 600g
70+ SP, 4kg; DT, 1.0kg; JT, 500g
80+ SP, 3kg; DT, 1.0kg; JT, 400g

Competition Details

Meet Sanctioned by USATF

- Certified officials will conduct each event under USATF Masters Rules, as modified by the NSGA.
- Track and Spikes: 1/4" pyramid spikes are the only spikes allowed. Non-spiked athletic shoes are OK.
- 6 throws each for Javelin, Discus, and Shot Put. 3 for Softball Throw.
- 6 Jumps each for Long and Triple Jumps.
- Each athlete is responsible to check in on time and be present when his or her age group is called.
- Automatic Timing, Wind Gauge and Implement Weigh-in provided.
- If challenging an existing American or World Record in any event, the Meet Director needs to be advised prior to the meet to ensure proper documentation.

REGISTRATION

Track and Field fee is \$10/event plus one-time
\$45 Athlete Registration fee.

Deadline to register for Track and Field is
May 27. Late registrations not accepted.

VENUE

Occidental College
1600 Campus Road
Los Angeles, CA 90041

#AGEWELL

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