

# PASADENA SENIOR GAMES 2026

HOSTED BY



TRACK & FIELD

## Competition Schedule

Meet Director: Todd Zgorzelski

**Saturday, May 30**

### Track Schedule

7:30 - Registration Opens  
8:30 - 3,000M Race Walk\*  
9:15 - 5,000M Run  
10:15 - 50M Dash  
11:00 - 1,500M Race Walk\*  
11:45 - 1,500M Run  
12:15 - 400M Run  
1:00 - 1 Mile Power Walk\*\*  
1:30 - 100M Dash  
2:10 - 800M Run  
2:40 - 200M Dash

### 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 (W then M)

California State Qualifier for  
2027 National Senior Games

### 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

\* 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

## 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, Shot Put, and 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 26. Late registrations not accepted.

### VENUE

Occidental College  
1600 Campus Road  
Los Angeles, CA 90041

*This event is not a function of Occidental College.*

## #AGEWELL

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