

SPORT: TRACK & FIELD

FIELD EVENTS *All events, with the exception of hammer, triple jump & weight, are National Qualifying.*

DISCUS
HAMMER
HIGH JUMP
JAVELIN
POLE VAULT

LONG JUMP
SHOT PUT
TRIPLE JUMP
WEIGHT

Athletes must qualify at District Games in Discus, Javelin, or Shot Put, in order to participate in State Games. Athletes that qualify in the discus, javelin, or shot put are also qualified in the hammer & weight.

EQUIPMENT

Discus: M50/1.5kg, M60+/1.0kg, W50+/1.0kg

Hammer: M50/6k, M60/5k, M70+/4k, W50+/3k

Javelin: M50/700gm, M60/600gm, M70/500gm, M80+/400gm,
W50/500gm, W60+/400gm

Shot Put: M50/6kg, M60 /5kg, M70+/4kg, W50+/3kg

Weight: M50/25 lbs, M60/20 lbs, M70/16lbs, M80+ /12lbs,
W50/16lbs, W60+ /12lbs

6 m. maximum spike length allowed.

Competitors in discus, javelin, shot put may use personal implements. LSOG will also furnish discuses, javelins & shot puts. **Competitors in pole vaulting, hammer & weight must provide their own equipment.** *Please do not impose on other participants by asking to borrow their equipment.*

All personal implements must be certified by LSOG Officials prior to the start of competition.

DESCRIPTION

1. Field events will be governed by the standard rules recommended by USA Track and Field. The meet director shall decide all questions relating to the actual conduct of the meet, the final settlement of which is not otherwise assigned by said rules.
2. Warm-up shall be done in areas not interfering with progress of events.

3. Any contestant not reporting for the last call will be scratched.
4. Each contestant will have three preliminary attempts at his specialty. The top seven finishers of each category will qualify for three additional attempts. The order will remain the same. Each competitor shall be credited with the best of all his attempts.
5. On a decision of a coordinator that a jump or throw is foul, the jump or throw shall not be measured.
6. No competitor is allowed more than one trial recorded in any one round of competition.
7. If a competitor appears after a round begins, but prior to the official completion time of the event, the competitor will abide by the decision of the coordinator who will confer with the meet director.
8. Shoes must be constructed for competitive wear and may not give the competitor any additional assistance. Up to 1/4" spikes will be allowed.

JUMPING EVENTS

Each competitor shall be credited with the best of all jumps attempted.

EVENT: RUNNING LONG JUMP

Measurement will be made from the take-off line to the nearest break in the landing area by ANY PART OF THE BODY.

It shall be counted as a foul if any competitor:

1. touches ground beyond take-off line, whether running up without jumping or in act of jumping;
2. takes off to either side of take-off board;
3. after a completed jump, walks back into landing area.

EVENTS: HIGH JUMP and POLE VAULT

The height of crossbar at starting and each successive elevation shall be determined by the coordinator.

Each competitor shall have the opportunity of making an attempt or to forego in the order.

Those who fail shall have a second opportunity in same order, and those who have failed twice, a third opportunity in the same order.

If a competitor foregoes a trial at a certain height, he thereby forfeits his right to jump at that height.

The High Jump competitor must take off from one foot.

THROWING EVENTS

Competitor is allowed to touch the inside of the band or stopboard.

Foul throw (not allowed to count): if competitor touches the top of band or stopboard, or ground outside the circle with any part of the body, or if the implement is improperly released.

The competitor must not leave the circle until the implement has touched the landing surface, and he shall then, from a standing position, leave the circle FROM THE REAR HALF. All throws must fall within the sector marked. No device of any kind (e.g., gloves, taping of fingers), which in any way assists the competitor in making a throw, shall be allowed. Tape on the wrist will be allowed.

EVENT: SHOT PUT

The shot will be put from the shoulder with one hand only, and must be in close proximity to the chin, and the hand must not be dropped below this position during putting. The shot **MUST NOT BE BROUGHT BEHIND** the line of the shoulders.

EVENT: JAVELIN

The javelin must land tip first. The mark will be at the spot where the tip first touched the ground. A throw which lands flat or tail first is a foul.

SCORING

Top three males & females in each age group in each event will receive awards.

TIES

Ties will be resolved by the next best effort.

TRACK EVENTS *All events, with the exception of 50m dash, are national qualifying*

DASH: 50M, 100M, 200M, 400M

RUN: 800M, 1,500M

RACEWALK: 1,500M

EQUIPMENT

Full track equipment as needed for above.

6 m. maximum spike length allowed. Shoes must be properly constructed for competitive wear and may not give the competitor any additional assistance, or in any way damage the track.

Every track competitor will be provided with numbers which must be conspicuously worn when competing.

DESCRIPTION

1. Track events will be governed by the standard rules recommended by USA Track and Field.
2. Warm-up shall be done in areas not interfering with progress of events.
3. Track events shall be run on schedule. Each competitor in all track events, **MUST** report in person to the Clerk of Course prior to the start of a race following the call for that event. The competitor has the responsibility of reporting by the last call or be scratched from the event. Last call will be 15 minutes after first call.
4. If a competitor leaves his mark with hand or foot after the commands, "on your marks" or "set," but before the shot is fired, it shall be considered a false start. Should the starter have occasion to warn the competitors on any point, or is not satisfied that all is ready to proceed after the competitors are on their marks, he shall order the competitors to "stand up."
FIRST FALSE START WILL BE ON THE FIELD, SECOND FALSE START WILL LEAD TO A PARTICIPANT BEING DISQUALIFIED.
5. In all races up to and including 400M, wherever possible, each competitor shall have a separate lane. Each competitor must keep in his allotted lane from start to finish in races run entirely in lanes. **COMPETITORS MUST RETURN TO THE FINISH LINE IN THE DESIGNATED LANE.**
6. When necessary, heats in the running events will be formed accordingly.

AWARDS

Gold, Silver & Bronze medals for top three positions in each sex and age group. When heats are necessary, awards will be presented as determined by the overall best times performed in an event following the completion of all heats in that event.

TIES

Ties in track events will receive duplicate awards.

Ties in events will eliminate places below that level.

Examples: 2-way tie for first will eliminate second place; 3-way tie for second will eliminate third and fourth places.

EVENTS: ROAD RACES

5K RUN & RACEWALK, 10k RUN

National qualifying events

The date and venue location for the 5k events will be published in conjunction with the registration process for the Annual State Games.

The annual 10k will be published by separate letter. LSOG will attempt to satellite off another established organization for the events. Normally the Annual LSU Lake to Lake for the 5k events and the Baton Rouge Sports Foundation (The Mardi Gras Mambo) for the 10K. Normally the races are governed by USATF masters rules. Participants must choose between the 5K run & Racewalk. Both races will be run concurrently.

National Qualifying Requirements for Track and Field:

1st and 2nd Place in each age, plus those that meet the NSGA MPS will qualify.