



FIELD EVENTS

Shot/Weight/Discus/Hammer/Javelin/Long Jump/Triple Jump/ Standing Long Jump/Football Pass-Soccer Kick/High Jump

Location: Clearwater High School
540 South Hercules Avenue
Clearwater

Event Director: Walt Deal 441-9463

Florida State Senior Games Qualifier: Yes

Format:

1. You will receive a Master Schedule of events prior to the day of competition. Check the time of your first event and plan to arrive in time for check-in and warm up prior to the event.
2. Certified Good Life Games implements will be provided for most events and age groups; you may use your own implement, but be prepared to have them weighed and/or certified.

Rules:

1. Warm-up practice throws may be taken in any event prior to the start of official throws.
2. Competitors will have three attempts to obtain their best effort.
3. The High Jump will have two flights determined by age and competitor availability. Warm-up practice jumps may be taken prior to the start of the official attempts.
4. At the discretion of the Event Director a competitor may be allowed to do an event at a time other than the one on the Master Schedule. Contact the Event Director prior to the day of competition if a change is anticipated.

Implement Weights

	<u>Men</u>				<u>WOMEN</u>			
	50	60	70	80	50	60	70	75
Shot	6 K	5K	4K	3K	3K	3K	3K	2K
Discus	1.5K	1K	1K	.75K	1K	1K	1K	.75K
Javelin	700g	600g	500g	400g	500g	500g	500g	400g
Weight	25#	20#	16#	12#	16#	12#	12#	12#
Hammer	6 K	5 K	4 K	3 K	3 K	3 K	3 K	2 K