2020 HUGH MORRISON TRACK & FIELD MEET – NATIONAL QUALIFIER

**TRACK EVENTS**
1) 50M  
3) 100M  
5) 200M  
7) 400M  
2) 1500M  
4) 800M  
6) 3000M  
8) 4/100 M Relay

**FIELD EVENTS**

**DATE**
Saturday, February 8, 2020  
Track and Field Events

**TIMES**

**FIELD EVENTS**
Check in is at 8:00 AM  
Competition begins at 9:00 AM

**TRACK EVENTS**
Check in is at 12:00 PM  
Competition begins at 1:00 PM

We are sorry that we cannot give exact times for particular races since the number of athletes registered will determine the schedule. You will receive your Bib number at check in.

**SITE**
ASU Sun Angel Stadium / Joe Selleh Track  
400 S Rural Rd  
Tempe AZ 85281

**AMENITIES**
Restrooms: Yes  
Phones:($)  
Food: No  
Water: Yes

**FEES**
Early Bird Registration: **$30.00 (Thru Nov. 8, 2019)**  
Registration: **$35.00 (Nov. 9, 2019-Jan. 19, 2020)**  
Sport Fee: **$12.00 per event**  
Mail In: Must be Postmarked by 1/05/2020.  
Payment can be made by check or credit card (VISA, MasterCard or Discover).

**REGISTRATION DEADLINE:**

**ENTRY REQUIREMENTS**
1. Runners may use 1/4” spikes or non-studded running shoes.
2. Competition is in 5 year age groups: 50-54, 55-59 etc. **Age will be determined as of 2/8/2020.**
3. Sole competitors in an age group will compete in the next lower age group. Awards are by age.
4. Age division of relay teams will be based on the age of the youngest team member as of **2/8/2020.**
5. Headphones / electronic devices not approved by the Games Committee shall not be used by any individual in the area of competition or in designated warm-up areas. (please see USATF Rule #159)

**FORMAT – USATF Recognized Meet**

**SPORT RULES**

**Track:**
1. USATF/NSGA rules apply unless noted herein.
2. The first false start will be charged to the field. The 2nd false start will DQ the competitor.
3. Bull Pen will be used for reporting to an event. Athletes must report when their race is called.
4. Athletes who report late will forfeit competition.
5. Order of events will be posted at the site and will be in the order listed above.
6. Relay teams will be assigned at the event. Age division of relay teams will be based on the age of the youngest team member as of February 8, 2020
7. All track events are electronically timed finals.

**Field:**
1. Athletes must report to the area where the event is being conducted when their event is called.
2. Field events allow for 4 attempts. **Exception:** High Jumpers and Pole Vaulters will be allowed 3 consecutive misses.
3. Competitors will have until the start of the next event to complete their throws or jumps.
4. Field athletes must provide their own equipment which will be inspected/weighed at the event and only if approved by the Sport Commissioner.
5. Vaulters must provide their own poles.

All:
1. Awards will be announced and given as soon as possible after results can be verified. Athletes who choose not to stay for the awards ceremony, must pick up their medal at the ASO office starting the week of Feb. 10th. Medals will not be mailed.
2. All athletes must wear their assigned numbers during the competition.

EQUIPMENT FOR FIELD EVENTS
Following are the weights of the various implements (subject to change) to be used for each gender and age division:

<table>
<thead>
<tr>
<th>Age group</th>
<th>Discus</th>
<th>Javelin</th>
<th>Shot Put</th>
</tr>
</thead>
<tbody>
<tr>
<td>M50-54</td>
<td>1.5kg</td>
<td>700g</td>
<td>6kg</td>
</tr>
<tr>
<td>M55-59</td>
<td>1.5kg</td>
<td>700g</td>
<td>6kg</td>
</tr>
<tr>
<td>M60-64</td>
<td>1.0kg</td>
<td>600g</td>
<td>5kg</td>
</tr>
<tr>
<td>M65-69</td>
<td>1.0kg</td>
<td>600g</td>
<td>5kg</td>
</tr>
<tr>
<td>M70-74</td>
<td>1.0kg</td>
<td>500g</td>
<td>4kg</td>
</tr>
<tr>
<td>M75-79</td>
<td>1.0kg</td>
<td>500g</td>
<td>4kg</td>
</tr>
<tr>
<td>M80+</td>
<td>1.0kg</td>
<td>400g</td>
<td>3kg</td>
</tr>
<tr>
<td>W50-54</td>
<td>1.0kg</td>
<td>500g</td>
<td>3kg</td>
</tr>
<tr>
<td>W55-59</td>
<td>1.0kg</td>
<td>500g</td>
<td>3kg</td>
</tr>
<tr>
<td>W60-74</td>
<td>1.0kg</td>
<td>500g</td>
<td>3kg</td>
</tr>
<tr>
<td>W75+</td>
<td>.75kg</td>
<td>400g</td>
<td>2kg</td>
</tr>
</tbody>
</table>

SPORT COMMISSIONER
Michael Sanderfer  mksanderfer@yahoo.com

T & F FINAL 10.8.2019