

Oklahoma Senior Games

Order of Events

October 15TH, 2011
Putnam City West High School
8500 NW 23RD Street • Oklahoma City, OK 73127



Field Events will be contested starting Saturday morning at 8:45 (October 15TH, 2011)

- ◆ Four Attempt Rule will apply in Discus, Shot Put, Javelin, Hammer Throw and Long Jump. ◆
 - ◆ Hammer Throw may be contested at the conclusion of all Tier One field events -IF- conditions allow. ◆
- Only those athletes who registered for the event will be allowed to compete.

IMPORTANT NOTE:

If you're competing in multiple field events that are contested at the same time, you must be checked in at each event when your age group is called. You can have someone else check you in at your next event while you are completing your current event.

Tier One Field Events - 8:45 a.m.

Shot Put ► Men (3kg, 4kg, 5kg, 6kg); • Women - youngest to oldest (3kg);

Discus ► Women - youngest to oldest (1kg, .75kg); • Men - (1kg, 1.5kg);

Javelin ► Men - (700g, 600g, 500g, 400g); • Women - (500g, 400g);

Hammer ► Men - (6kg, 5kg, 4kg, 3kg); • Women - (3kg).

Attention: This facility does not have an adequate Hammer cage. Therefore, Hammer Throw might not be contested.

Tier Two Field Events - will begin at the conclusion of Tier One competition.

Long Jump ► All Men - youngest to oldest; • All Women - oldest to youngest;

High Jump ► All Women - oldest to youngest; • All Men - oldest to youngest;

Triple Jump ► All Men - youngest to oldest; • All Women - oldest to youngest;

Pole Vault ► All Men and All Women

(Triple Jump follows Long Jump)

Running Events will be contested on Saturday (October 15TH, 2011) beginning with 5k RW.

IMPORTANT NOTE:

There will be a 1st, 2ND & 3RD call for all events.

When contesting a field event (F/E) and one of your running events is called, please notify your F/E judge and complete as many of your F/E attempts as possible before checking out for your running event.

Running Events take precedence over F/Es. You must return to your F/E to complete your attempts within 5 minutes of completing your running event. Before leaving the F/E, make sure your F/E judge writes down the time you checked out of your field event. The time you check back in should also be recorded.

Approximate

Event Times -----EVENTS

12:00-----	5000m Race Walk (All)
1:00-----	100m Dash (Women)
1:15-----	100m Dash (Men)
1:30-----	1500m Run (Women)
1:45-----	1500m Run (Men)
2:00-----	400m Dash (Women)
2:15-----	400m Dash (Men)
2:30-----	50m Dash (Women)
2:45-----	50m Dash (Men)
3:00-----	800m Dash (Women)
3:15-----	800m Dash (Men)
3:30-----	200m Dash (Women)
3:45-----	200m Dash (Men)
4:00-----	1500m Race Walk (All)

Male and Female heats will be dictated by the number of entries.

Final Results will be posted at www.enduro.us

Be aware, events may be contested prior to the time listed above due to factors not known at the time this schedule was published.

