



TRACK & FIELD

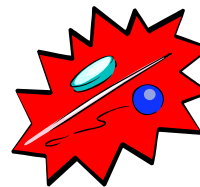
100/200/400/800/1500 Meter
 Discus/High Jump/Javelin/Long Jump/
 Pole Vault/Shotput/Triple Jump



Date: Field events—Saturday, September 24, 2011
 Track events—Sunday, September 25, 2011

Time: Field events—9am
 Track events—10am

Venue: Hummer Sports Park, 530 Sports Park Drive (6th & Oakley)



KSO2011 Format:

1. For field events, if there are more than 12 athletes in any age division, a qualifying round may be held.
2. The 100, 200, 400, 800 and 1500 meter events will be timed finals. The number of heats will be determined based on the number of entries.

KSO2011 Sport Rules:

1. This meet will be conducted in accordance with USA Track & Field (USATF) rules, except as modified herein. For a copy of these rules, contact: USA Track & Field, One RCA Dome, Suite 140, Indianapolis, IN 46225. Phone: 317-261-0478.
2. Competitors must not wear clothing that could impede the view of the judges.
3. Following are the weights of the various throwing implements (subject to change) to be used by each gender and age group.

Conduct of Track and Field Competitors:

Good sportsmanlike conduct is required of all Track and Field Competitors at all times. Any Track or Field Competitor displaying less-than-desirable conduct at any time towards another competitor, any meet official, any volunteer or any KSO staff member will be disqualified from KSO competition. The KSO Director and Event Coordinators will enforce this rule at all times.

Age Division	Men 50-54	Men 55-59	Men 60-64	Men 65-69	Men 70-74	Men 75-79	Men 80+	Women 50-54	Women 55-59	Women 60+	Women 80+
Discus	1.5kg	1.5kg	1.0kg	1.0kg	1.0kg	1.0kg	1.0kg	1.0kg	1.0kg	1.0kg	.75kg
Javelin	700g	700g	600g	600g	500g	500g	400g	500g	500g	400g	400g
Shot Put	6kg	6kg	5kg	5kg	4kg	4kg	3kg	3kg	3kg	3kg	3kg