

# TRACK & FIELD

## SPORT RULES

2027 National Senior Games

Presented by **Humana**



National  
Senior Games  
Association



# TRACK & FIELD

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## EVENTS

50, 100, 200, 400, 800, 1500 Meter, 4x100-Meter Relay;

Shot Put; Discus; Javelin; High Jump; Long Jump; Triple Jump; Pole Vault

## QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners or athletes meeting this sport's NSGA minimum performance standards in competition at a 2026 NSGA qualifying games will qualify for the 2027 National Senior Games.
2. Athletes who reside in a state that does not offer pole vault may qualify for that event by meeting the "limited" event qualifying criteria in Rule D.
3. Athletes that qualify for and compete in the 50-, 100-, 200-, 400- or 800-meter events at the 2027 National Senior Games will be eligible to compete in the 4x100-meter relay. Athletes cannot qualify to compete in the relay event except in this manner.

## ENTRY REGULATIONS

1. The National Governing Body shall provide certified implements for all events and age groups. In addition, athletes shall be permitted to use their own implements, provided they have been certified by the Track & Field Committee. Athletes who wish to use their own implements shall agree to all certification procedures including but not limited to marking, impounding, etc. Athletes must provide their own vaulting poles.
2. Shoes must comply with USATF Rule 143, 3(a) – (f).
3. Registration for the relay event will take place at the track venue. Age division of relay teams will be based on the age of the youngest team member as of December 31, 2027.

## FORMAT

1. Advancement to the finals for the 50m, 100m, 200m and 400m will be on time (the fastest 8 times to the final)
2. All races longer than 400m will be timed finals, with the fastest final going last.
3. All throws, long jumps and triple jumps will be conducted in flights. Two or more flights may be formed. Each athlete will have three trials in their flight, followed by a final of the athletes with the 8 best performances from all of the flights. These athletes will have three additional trials.
4. General order for track events is Women, Oldest to Youngest then Men, Oldest to Youngest.
5. Awards will be presented for 1st through 8th place for each event within each age division.

## SPORT RULES

1. This meet will be conducted in accordance with USA Track & Field rules, except as modified herein. For a copy of these rules, please visit the USATF website [www.usatf.org](http://www.usatf.org) or call:

USA Track & Field  
132 East Washington St., Suite 800  
Indianapolis, IN 46204

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(317) 261-0500

2. Following are the weights of the various implements (subject to change) to be used for each gender and age division:

Age Division	Discus	Javelin	Shotput
M 50-54	1.5kg	700g	6kg
M 55-59	1.5kg	700g	6kg
M 60-64	1.0kg	600g	5kg
M 65-69	1.0kg	600g	5kg
M 70-74	1.0kg	500g	4kg
M 75-79	1.0kg	500g	4kg
M 80+	1.0kg	400g	3kg
W 50-54	1.0kg	500g	3kg
W 55-59	1.0kg	500g	3kg
W 60-74	1.0kg	500g	3kg
W 75+	.75kg	400g	2kg

3. The competitors must not wear clothing that could impede the view of the judge.

## 2027 MINIMUM PERFORMANCE STANDARDS (MPS)

Minimum Performance Standards (MPS) are based on results from the previous National Senior Games.

<b>TRACK MINIMUM PERFORMANCE STANDARDS</b>						
Age	MEN'S DIVISION					
	50 M	100 M	200 M	400 M	800 M	1500 M
50-54	:7.47	:13.82	:28.49	1:06.20	2:32.10	5:19.00
55-59	:7.51	:14.00	:28.74	1:06.40	2:35.14	5:24.20
60-64	:7.76	:14.30	:29.80	1:07.80	2:36.40	5:35.10
65-69	:7.98	:14.70	:30.90	1:11.20	2:50.40	6:03.80
70-74	:8.14	:15.53	:32.37	1:15.13	3:05.20	6:42.68
75-79	:8.84	:16.39	:36.90	1:27.09	3:24.88	7:32.90
80-84	:9.31	:17.88	:37.70	1:42.31	4:11.66	8:47.37
85-89	:10.54	:21.59	:51.17	2:18.75	5:30.32	13:01.62
90-94	:14.87	:34.72	1:03.00	3:30.00	7:00.20	16:05.00
95+	:16.54	:57.70	1:03.00	3:30.00	7:00.20	16:05.00
Age	WOMEN'S DIVISION					
	50 M	100 M	200 M	400 M	800 M	1500 M
50-54	:8.62	:16.35	:35.20	1:21.60	3:10.40	6:35.10
55-59	:8.62	:16.36	:35.52	1:22.81	3:15.36	6:51.28
60-64	:8.73	:16.61	:36.19	1:29.32	3:30.00	7:17.00
65-69	:9.25	:17.89	:37.42	1:36.12	3:31.85	7:31.95
70-74	:10.25	:19.36	:41.94	1:44.17	4:11.21	8:54.97
75-79	:11.18	:21.99	:46.84	1:55.20	5:02.30	10:55.47
80-84	:14.10	:25.28	1:06.03	2:48.07	6:11.80	13:44.30
85-89	:19.31	:35.82	1:40.41	3:28.17	8:34.92	16:30.00
90+	:23.83	:44.20	1:46.70	4:21.80	9:30.00	16:30.00

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<b>FIELD MINIMUM PERFORMANCE STANDARDS</b> ( <i>Imperial</i> )							
<b>MEN'S DIVISIONS</b>							
<b>Age</b>	<b>IMPERIAL (feet + inches)</b>						
	<b>Long Jump</b>	<b>High Jump</b>	<b>Triple Jump</b>	<b>Shot Put</b>	<b>Discus</b>	<b>Javelin</b>	<b>Pole Vault</b>
<b>50-54</b>	14' 11.25"	4' 10.75"	27' 11.5"	37' 6"	130' 8.75"	132' 6.25"	8' 6.25"
<b>55-59</b>	14' 9.25"	4' 7"	27' 11.5"	37' 0"	117' 9.75"	132' 6.25"	8' 6.25"
<b>60-64</b>	14' 7.5"	4' 5"	27' 1.5"	37' 0"	117' 9.75"	126' 8"	8' 6.25"
<b>65-69</b>	13' 1.75"	4' 0"	25' 3.25"	34' 7.25"	114' 8"	113' 1.75"	7' 11.75"
<b>70-74</b>	11' 11.75"	3' 10"	24' 4.5"	34' 5"	102' 8"	101' 9.75"	7' 8.25"
<b>75-79</b>	9' 11.75"	3' 6.5"	20' 7.75"	30' 10.5"	87' 8.25"	89' 5.25"	5' 0.25"
<b>80-84</b>	9' 6.25"	3' 3"	16' 4.5"	29' 9"	74' 7"	74' 3.75"	3' 7.25"
<b>85-89</b>	5' 8"	2' 9"	10' 7.25"	23' 2.25"	56' 9"	60' 8.75"	2' 9.75"
<b>90-94</b>	3' 10.75"	2' 2"	6' 6.75"	17' 3.5"	38' 0"	29' 8.75"	2' 9.75"
<b>95-99</b>	3' 10.75"	2' 2"	6' 6.75"	11' 3.5"	20' 4"	22' 4"	2' 9.75"
<b>100+</b>	3' 10.75"	2' 2"	6' 6.75"	10' 0"	20' 4"	16' 4.75"	2' 9.75"
<b>Age</b>	<b>METRIC (meters)</b>						
	<b>Long Jump</b>	<b>High Jump</b>	<b>Triple Jump</b>	<b>Shot Put</b>	<b>Discus</b>	<b>Javelin</b>	<b>Pole Vault</b>
<b>50-54</b>	4.55	1.49	8.52	11.43	39.85	40.39	2.60
<b>55-59</b>	4.50	1.40	8.52	11.28	35.91	40.39	2.60
<b>60-64</b>	4.46	1.35	8.27	11.28	35.91	38.61	2.60
<b>65-69</b>	4.01	1.22	7.70	10.55	34.95	34.49	2.43
<b>70-74</b>	3.65	1.17	7.43	10.49	31.29	31.03	2.34
<b>75-79</b>	3.04	1.08	6.29	9.41	26.73	27.26	1.53
<b>80-84</b>	2.90	.99	4.99	9.07	22.73	22.65	1.10
<b>85-89</b>	1.73	.84	3.23	7.07	17.30	18.51	.86
<b>90-94</b>	1.19	.66	2.00	5.27	11.58	9.06	.86
<b>95-99</b>	1.19	.66	2.00	3.44	6.20	6.81	.86
<b>100+</b>	1.19	.66	2.00	3.05	6.20	5.00	.86

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<b>FIELD MINIMUM PERFORMANCE STANDARDS</b> ( <i>Imperial</i> )							
<b>WOMEN'S DIVISIONS</b>							
<b>Age</b>	<b>IMPERIAL (feet + inches)</b>						
	<b>Long Jump</b>	<b>High Jump</b>	<b>Triple Jump</b>	<b>Shot Put</b>	<b>Discus</b>	<b>Javelin</b>	<b>Pole Vault</b>
<b>50-54</b>	11' 0.75"	3' 6.25"	21' 7.75"	29' 4"	73' 6"	69' 4.75"	4' 0"
<b>55-59</b>	11' 0.75"	3' 5"	15' 6.25"	29' 3.5"	73' 6"	69' 4.75"	4' 0"
<b>60-64</b>	10' 7.25"	3' 3"	15' 6.25"	29' 3.5"	71' 4"	69' 4.75"	4' 0"
<b>65-69</b>	9' 7"	3' 3"	15' 6.25"	24' 8.5"	63' 0"	58' 2.75"	4' 0"
<b>70-74</b>	8' 3.25"	2' 11.5"	15' 2.25"	22' 7.25"	57' 3"	55' 5.75"	4' 0"
<b>75-79</b>	7' 3.5"	2' 6.75"	11' 6.5"	21' 4.25"	51' 10.5"	45' 8"	4' 0"
<b>80-84</b>	5' 1.75"	2' 2"	11' 6.5"	19' 11.75"	44' 4"	36' 8.25"	2' 11.75"
<b>85-89</b>	2' 9"	1' 10"	8' 2.5"	14' 11.25"	29' 10.75"	21' 5.5"	2' 9.75"
<b>90-94</b>	2' 6"	1' 10"	7' 6.5"	6' 11.75"	10' 4"	14' 0"	2' 9.75"
<b>95-99</b>	2' 6"	1' 10"	7' 6.5"	6' 11.75"	10' 4"	14' 0"	2' 9.75"
<b>100+</b>	2' 6"	1' 10"	7' 6.5"	6' 11.75"	10' 4"	14' 0"	2' 9.75"
<b>Age</b>	<b>METRIC (meters)</b>						
	<b>Long Jump</b>	<b>High Jump</b>	<b>Triple Jump</b>	<b>Shot Put</b>	<b>Discus</b>	<b>Javelin</b>	<b>Pole Vault</b>
<b>50-54</b>	3.37	1.07	6.60	8.94	22.40	21.15	1.22
<b>55-59</b>	3.37	1.04	4.73	8.93	22.40	21.15	1.22
<b>60-64</b>	3.23	.99	4.73	8.93	21.74	21.15	1.22
<b>65-69</b>	2.92	.99	4.73	7.53	19.20	17.75	1.22
<b>70-74</b>	2.52	.90	4.63	6.89	17.45	16.91	1.22
<b>75-79</b>	2.22	.78	3.52	6.51	15.81	13.92	1.22
<b>80-84</b>	1.57	.66	3.52	6.09	13.51	11.18	0.91
<b>85-89</b>	0.84	.56	2.50	4.55	9.11	7.19	0.86
<b>90-94</b>	0.76	.56	2.30	2.13	3.15	4.27	0.86
<b>95-99</b>	0.76	.56	2.30	2.13	3.15	4.27	0.86
<b>100+</b>	0.76	.56	2.30	2.13	3.15	4.27	0.86