



2018 NC Senior Games Track and Field Information

Durham County Stadium, Durham, NC
<http://dconc.gov/residents/county-stadium>

- Please review the NCSG Rules Book for items not covered in this document.
<http://www.ncseniorgames.org/rulesbook.pdf>
- Driving directions (<http://www.ncseniorgames.org/drivingdirections.pdf>) and parking instructions are posted on the Senior Games website. Recommended Shot Put and Discus parking is different than Track and Long Jumps parking (review closely!).
- Host hotels are on the website and on the Preliminary Confirmation Details.
<http://www.ncseniorgames.org/sfhotels.pdf>
- The track has a red latex rubber granular surface.
- There may be concessions for purchase available at the venue, but not guaranteed. Bring snacks, drinks and coolers. Water coolers are provided on the Track and at each event staging area.
- Competitors may wear ¼ inch pyramid spikes or smaller, no needle spikes.
- A participant may use provided starting blocks or bring their own.
- Race walkers must wear attire that leaves the knees exposed or allows the judges to see the position of the knees.

Track Running and Walking Events Check-in procedures (new in 2018)

- All Runners/Walkers must pick up their bib number and safety pins at the **INFORMATION tent** immediately adjacent to the main facility entrance before their first race. Runners / Walkers are not required to return to the Information Tent between races.
- Runners/Walkers need to check in for lane assignments and hip numbers no less than 30 minutes before each race at the **CLERKING tent** on the football field, or they may be scratched.

Discus, Shot Put and Long Jumps Check-in procedures

- Check in directly at the event tent. Participants that are only in these events do not need to go to the Information Tent to check in.



Event Timing

- The Durham Striders Timing and Meet Management team uses state of the art software and equipment to time our events. We are so fortunate to have expertise and support of their caliber!

Volunteer Staffing:

- State Finals Track and Field is a huge event! It requires over 25 volunteers. Please thank them for their time. If you are interested in volunteering during Track and Field events, please let the Volunteer check-in staff know.
- **Lap Counters** will be assigned for the 1500 Meter Run, 1500 Meter Race Walk and 5K Race Walk.

Meet Format:

- In track events, women will precede men, and heats will be run with the oldest age group first, followed by the younger participants in descending order.
- Gender/age groups will be combined in longer Running/Race Walk events.
- Dashes:
 - Participants will run in heats against participants from their gender/age group.
 - Multiple heats that are seeded by local senior games' qualifying times. Therefore, winning a heat does not guarantee winning a medal or qualifying for nationals.
- Walkers/runners are racing against the clock, not just the runners in their heat!
- Every race is a final, no prelims.

Results

- Official Results for each **Run / Walk** are posted on the Results Board 5-10 minutes after the completion of each Race (not age group). Medals for 1st, 2nd and 3rd place in each event can be picked up at Awards until the completion of the Track Meet.
- Official Results for **Discus, Shot Put and Long Jumps** will be posted 1 hour after the completion of each event On the Results Boards. Medals for 1st, 2nd and 3rd place in each event can be picked up at Awards until the completion of the Track Meet.
- **All** Track and Field results will also be on the NCSG website within a few of days of the event. Live results for **Running / Walking** events will be posted at http://www.durhamstriders.com/dstmm/Schedule_Results.html. Can we put this link on our results page so our page has live results too?
- Medals not picked up at Track and Field Awards will be at the McKimmon Center in Raleigh later in the week and distributed to Local Coordinators at other State Finals events.

Rain Plan:

- Every effort will be made to finish the Track and Field Events on Wednesday, September 19. NCSG will delay when necessary for safety and all events could go into the evening under lights if necessary.
- In the unlikely event the meet cannot be completed on Wednesday, Track and Field events will be completed on Friday, September 21.

National Qualifying:

State Finals 2018 is the qualifying site in North Carolina for the 2019 National Games in Albuquerque, New Mexico. The top 4 in each age group per event generally qualify, but please contact the NSGA for specific qualifying requirements or other National Game's information at <http://www.nsga.com> - (225) 766-6800.