

# USA Masters Games

July 21-31, 2016 | Greensboro, NC



## TRACK & FIELD

### Men's and Women's Adult Track & Field Age Group Competition

The 2016 USA Masters Games Track & Field competition will be held from **Thursday, July 28 to Sunday, July 31, 2016** at **Irwin Belk Track at North Carolina A&T University**.

North Carolina A&T's Irwin Belk Track has been the host of the 2006, 2010, and 2013 NCAA East Regional as well as the International Friendship & Freedom Games, the MEAC Outdoor Track and Field Championships, the North Carolina High School Athletic Association Track and Field Championships, New Balance Outdoor Nationals since 2005 and the USATF Junior Olympics in 2009 and 2013.

### Competition Schedule

#### Day 1 – Thursday, July 28

##### **Session 1:** Outdoor Pentathlon

Event 1 – Outdoor Pentathlon – Men

1500 Meter Run

Discus Throw

200 Meter Dash

Javelin Throw

Long Throw

Event 2 – Outdoor Pentathlon – Women

80 Short Hurdles

High Jump

Shot Put

Long Jump

800 Meter Run

##### **Session 2:** Track Events

Event 3 – 800 Meter Run

Event 4 – 400 Meter Dash (Prelims)

Event 5 – 5000 Meter Run

##### **Session 3:** Field Events

Event 6 – Hammer Throw

#### Day 2 – Friday, July 29

##### **Session 4:** Field Events

Event 7 – Weight Throw

Event 8 – High Jump

##### **Session 5:** Track Events

Event 9 – 100 Meter Dash

(Prelims)

Event 10 – 100 Short Hurdles 33"

(Prelims)

Event 11 – 100 Short Hurdles 36"

(Prelims)

Event 12 – 80 Short Hurdles 30"

Event 13 – 100 Short Hurdles 33"

Event 14 – 100 Short Hurdles 36"

Event 15 – 110 Short Hurdles 39"

Event 16 – 400 Meter Dash

Event 17 – 1500 Meter Run

Event 18 – 5000 Meter Race Walk

#### Day 3 – Saturday, July 30

##### **Session 6:** Track Events

Event 19 – 10000 Meter Run

Event 20 – 100 Meter Dash

Event 21 – 200 Meter Dash

(Prelims)

Event 22 – Meter Shuttle Hurdle

Non-Club

Event 23 – Meter Shuttle Hurdle

Club

Event 24 – 2000 Meter

Steeplechase

Event 25 – 3000 Meter

Steeplechase

##### **Session 7:** Field Events

Event 26 – Discus Throw .75k

Event 27 – Discus Throw

Event 28 – Long Jump

Event 29 – Pole Vault

#### Day 4 – Sunday, July 31

##### **Session 8:** Track Events

Event 30 – 10000 Meter Race Walk

Event 31 – 200 Long Hurdles 30"

Event 32 – 300 Long Hurdles 30"

Event 33 – 400 Long Hurdles 30"

Event 34 – 400 Long Hurdles 33"

Event 35 – 400 Long Hurdles 36"

Event 36 – 200 Meter Dash'

Event 37 – 4x100 Meter Relay Non-Club

Event 38 – 4x100 Meter Relay Club

Event 39 – 4x800 Meter Relay Non-Club

Event 40 – 4x800 Meter Relay Club

Event 41 – 4x400 Meter Relay Non-Club

Event 42 – 4x400 Meter Relay Club

##### **Session 9:** Field Events

Event 43 – Triple Jump

Event 44 – Javelin Throw 400G Inside Stadium

Event 45 – Javelin Throw 500G Inside Stadium

Event 46 – Javelin Throw 600G Inside Stadium

Event 47 – Javelin Throw 600G Outside Stadium

Event 48 – Javelin Throw 700G Outside Stadium

Event 49 – Javelin Throw 800G Outside Stadium

Event 50 – Shot Put 2k

Event 51 – Shot Put 3k

Event 52 – Shot Put 4k

Event 53 – Shot Put 5k

Event 54 – Shot Put 6k

Event 55 – Shot Put 7.26

### Age Groups

**Individual Events:** 21-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-79, 80-84, 85+

**Relay Events:** 21-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-79, 80-84, 85+

### Social Event

A Track & Field Athlete Reception will be held at Irwin Belk Track beginning shortly after the conclusion of competition on Saturday evening, July 31.

### Special USA Masters Games Activities

The Games Village at the Greensboro Coliseum Complex will be the site of nightly entertainment, beer garden, accreditation and athlete services, Health & Fitness Expo, and special activities throughout the Games. On Friday evening, July 22, Opening Ceremonies will be held at the Greensboro Coliseum, while on Sunday evening, July 31, Games Closing Ceremonies will be held at the adjacent amphitheater.

### Contacts

For sport specific inquiries, contact:  
Competition Director: DePaul Mittman  
Email: depaulmittman@bellsouth.net  
Phone: (336) 255-3403

**To register for the USA Masters Games Track & Field Competition, or to learn more about the Games, visit**

**[www.usamastersgames.com](http://www.usamastersgames.com)**