

FIELD EVENTS and PUNT PASS KICK
Sponsored by Lakeland Dump Trailer Rentals

Date and Time: Saturday, March 7 9:00 AM
Check-in begins at 8:00 AM
Site: Bartow High School Stadium
1270 South Broadway Avenue, Bartow 33830
There will be a detour around downtown due to Arts Festival.
Event Managers: Frank Brooks 863-293-5024, 863-512-1397
Emmanuel Dones 863-393-3603

1. Events will be Discus, High Jump, Javelin, Long Jump, Shot-put, Softball Throw, Triple Jump and Punt Pass Kick. Order of events provided at check-in.
2. Three attempts will be allowed in each field event.
3. Two attempts in each category will be allowed in Punt Pass Kick. Winner determined by the total of the best attempts of all three categories.
4. Implements will be provided. Competitors may use their own implements in discus, javelin and shotput but must be approved by event official.
5. Weights of implements:

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|-----------------|--|--|
| Discus: | Men | 50-59 (1.5 kg); 60+ (1 kg) |
| | Women | 50-74 (1 kg); 75+ (.75 kg) |
| Javelin: | Men | 50-59 (700 g); 60-69 (600 g); 70-79 (500 g); 80+ (400 g) |
| | Women | 50-74 (500 g); 75+ (400 g) |
| Shot-put: | Men | 50-59 (6 kg); 60-69 (5 kg); 70-79 (4 kg); 80+ (3 kg) |
| | Women | 50-74 (3 kg); 75+ (2 kg) |
| Softball Throw: | Men - 12-inch softball | Women - 11-inch softball |
| | Entrants must use softballs provided by PSG | |
| Punt Pass Kick: | Men - official size football | Women - junior size |
| | Entrants must use footballs and kicking tees provided by PSG | |
6. USA Track & Field (www.usatf.org) rules apply, except as modified.
7. **Field Events/Punt Pass Kick Additional Rules are available at www.polkseniorgames.org/sports.**
8. Field Events, except Softball Throw and Punt Pass Kick, are “qualifying” events for the Florida Senior Games. See page 9.