

Summer Games / Track & Field

Sunday, August 25, 2024

Running_Events: 8:00am - 9:00am

Walk_Race: 9:00am - 10:00am

Field_Events: 10:00am - 3:00pm

Reed High School, 1350 Baring Boulevard, Sparks, NV

Host: **Health and Wellness Staff | (775) 657-4602 |Healthandwellness@reno.gov**
Hello, fellow Track and field participants!



Track events will begin at 8:00 am until 10:00 am. Field events will begin at 10:00 am

until finished. There are a few things you should know about the track and field event:

- Spikes on shoes should be no more than a **quarter**

inch long.

- Please bring your own equipment if you have it.
- For track events, runs will begin at a standing start.
- Shorter distances will begin first and then the longer distances will follow at the event.
- The races for 50 meters through 400 meters will be run in lanes.
- No stepping outside of the lines beside you.
- The 800 meter will begin with a waterfall start.
- When you have finished, stay in your lane so we can coordinate your time and name.
- Commands will be “**Come to your marks, set, and [sound of starting pistol or horn]**”.
- All events are age-bracketed by five-year increments.
- Field events will be conducted with traditional track and field rules such as, no stepping out of the ring.

Good luck and have a wonderful time at our Senior Games!

Scoring is by age in each event