



SHOCKER TRACK CLUB

Wichita Masters/Open Track & Field Meet USATF Missouri Valley Association Masters Championships

USATF SANCTIONED

Friday and Saturday, September 20 & 21, 2019

**Cessna Stadium, Wichita State University, Wichita, KS
East of Hillside on 21st Street**

Entry Fee: \$45 per Athlete



T-Shirts available for \$12. Email size to: *Larry Staton, STCsprinter@gmail.com*

Registration Deadline is Tuesday, 9/17/19, Midnight

Register at---- <https://www.directathletics.com>

Instructions for Online Registration attached.

The meet is open to all men and women ages 19 through 90+ including Open athletes ages 19-29. Masters athletes ages 30 and older will compete in 5-year age groups (i.e. 30-34, 35-39 and so on). Several age groups may race in the same race/final. Medals awarded according to Age Group. **Age Groups determined by age, as of 9/20/19**

FRIDAY P.M. FIELD EVENTS		SATURDAY A.M. FIELD EVENTS	
(Women compete first, Then, Men)		Cafeteria Style	
<i>Rolling Schedule will be applied.</i>		8:30	Long Jump, Standing Long Jump, Triple Jump
<i>Events will be contested in the following order:</i>		9:00	Pole Vault -- Progressive Heights
4:00 PM	Shot Put	10:30	High Jump -- Progressive Heights
	Discus		
	Hammer		
	Weight Throw and Javelin concurrently		
	Super Weight Throw		

SATURDAY RUNNING EVENTS		
11:30	80/100/110M Hurdles(Hurdle Distance & Height Determined by Age)
12:00	Envision 100 Meter Dash (Visually Impaired)
12:25	3000 Meter Run
12:45	100 Meter Dash - Masters and Open
1:05	3000 Meter Racewalk
1:30	50 Meter Dash
1:45	800 Meter Run
2:00	200 Meter Dash
2:15	1500 Meter Racewalk
2:30	300 M Dash
2:45	Mile and 1500 Meter Run
3:05	300/400 M Hurdles
3:20	400 Meter Dash
3:35	5,000 Meter Run
4:00	4X100 Relay
<i>Youngest to Oldest, Women, then, Men No Rolling Schedule will be applied.</i>		