



2024 NC Senior Games

State Finals Track and Field Information

September 18, 2024
Durham County Stadium

Track Address: 750 Stadium Dr, Durham
Shot Put & Discus Address: 400 Wisteria Ave, Durham

- Please review the NCSG Rules Book on the NCSG website at the following link <https://www.ncseniorgames.org/sf-sports>
- When available, host hotels will be posted at <https://www.ncseniorgames.org/information>.
- Shot Put and Discus parking is in a different location than Track and Long Jumps parking.
- The track has a red encapsulated polyurethane surface.
- There may be concessions for purchase available at the track 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 and Field Reporting Times

- The State Finals Final Schedule and the detailed reporting times will be posted at: <https://www.ncseniorgames.org/information>.

Track Running and Walking Events Check-in procedures:

- 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. Participants should bring their own seating and shade if needed as tents and chairs will be limited.

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, 5K Race Walk, 1500 Meter Power Walk and 5K Power 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. **All** Track and Field results will also be on the NCSG website within a few days of the event. Live results for **Running/Walking** events will be posted at <https://www.ncseniorgames.org/results-records-sf> and http://www.durhamstriders.com/dstmm/Schedule_Results.html.
- Official Results for **Discus, Shot Put and Long Jumps** will be posted approximately 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.
- Medals not picked up at Track and Field Awards may be picked up on Thursday and Friday at The Cary Arts Center, on Saturday at the Swimming Event at Pullen Aquatics, and at Cycling on Sunday at the State Highway Patrol Driving Center.

Inclement Weather Plan:

- Every effort will be made to finish the Track and Field Events on Wednesday. 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 may be completed on Thursday.

National Qualifying:

2024 is a National Qualifying year for the 2025 National Senior Games in Des Moines, Iowa. Go to www.nsga.com for more details.

Facility and Parking Map (on next page)

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