



DATE: July 15, 2017

SITE: Hummer Sports Park, SW 6th and Tuffy Kellog Dr.,

Topeka, KS 66606. [Click here for directions.](#)

TIME: See below for the schedule of events.

Pre-Event Check-In will be held at the entrance of the stadium on Friday, July 14th from 6:30 p.m. - 8:00 p.m.

Day of check-in will open at 7:00 a.m.

All Athletes must check-in prior to their first event.

FEE/PAYMENT: \$30 per athlete. Maximum of 10 events.

By registering for this event all participants agree to the Sunflower State Games NO refund policy.

REGISTRATION: Click the "Register Now" link above for online registration. ONLINE REGISTRATION ONLY. ABSOLUTELY NO PAPER REGISTRATIONS WILL BE ACCEPTED. NO EXCEPTIONS!

DEADLINE: Saturday, July 8. Deadline will not be extended. Absolutely NO LATE ENTRIES will be accepted. No Exceptions.

T-SHIRTS: **Commemorative t-shirts will only be distributed to participants who register by July 1.**

COMMISSIONER: Perry Henault: nekstrong16@gmail.com or 785-845-0762

MALE DIVISIONS	FEMALE DIVISIONS	RUNNING EVENTS	FIELD EVENTS
8 & Under	8 & Under	1500-Meter Race Walk	Shot Put
9-10	9-10	100-Meter Dash	Discus
11-12	11-12	200-Meter Dash	Javelin
13-14	13-14	400-Meter Dash	Triple Jump
15-16	15-16	800-Meter Run	High Jump
17-18	17-18	1500-Meter Run	Pole Vault
19-29	19-29	3000-Meter Run	Long Jump
30-34	30-34	80-Meter Hurdles	Hammer/Safety Throw
35-39	35-39	100-Meter Hurdles	
40-44	40-44	110-Meter Hurdles	
45-49	45-49	4 x 100 Relay Rally	
50-54	50-54	4 x 400 Relay Rally	
55-59	55-59	Steeplechase	
60-64	60-64		
65-69	65-69		
70-74	70-74		
75-79	75-79		
80+	80+		

COMPETITION FORMAT:

- USATF rules as modified by SSG will govern the meet.
- For all participants the age group is determined by their age on the day of competition.
- For the safety of all participants, throwers must have prior knowledge and experience throwing implements. **NO FIRST TIME THROWERS!**
- All participants must supply their own implements. Hurdles and blocks will be provided.
- [Click here for SSG Hurdle Height specifications.](#)
- [Click here for official Implement Weights.](#)

- Medals must be picked up on site and will NOT be mailed. Please note that for field events, results will not be posted until the conclusion of the event.
- All participants are advised to bring their own water bottles to remain hydrated in the excessive heat. Water stations will be set up throughout the complex, however in an effort to reduce waste from paper cups, you are encouraged to bring your own water bottle for refills.

SCHEDULE OF EVENTS:

- Field event check-in will be on-site. Please be ready to compete at that time. Events will begin promptly when scheduled.
- All running event check-in will be conducted at the heating tent.
- Please note that for running events, a rolling schedule will be used. All running events will be conducted Female first followed by Male, and youngest to oldest.
- It is the athletes responsibility to have all warm up completed prior to competition start time. Note: As with all track meets, events may run faster or slower, depending on the number of entries.
- Cafeteria style denotes that you have an opportunity to complete all trials in your registered field events within the allotted time. IT IS THE ATHLETE'S RESPONSIBILITY TO HAVE COMPLETED ALL TRIALS IN THEIR FIELD EVENTS PRIOR TO THE CLOSING OF THE EVENT!
- In the High Jump and Pole Vault competitions, the bar will be begin at the height noted by the Games Committee. Once the bar begins it's progression, it will not be lowered for any reason, NO EXCEPTIONS.
- All result protests must be made no later than 30 minutes after the results have been posted on site. A protest fee of \$75 will apply and must be paid on site. If the protest is ruled to be in favor of the protesting party, the \$75 protest fee will be returned.
- ALL RESULTS ARE FINAL AFTER THE 30 MINUTE PROTEST DEADLINE AND WILL NOT BE CHANGED ONCE THEY ARE POSTED ON THIS WEB SITE.
- Medals will be distributed to the top three in each group once all trials have been completed in particular age groups. Medals must be picked up on site and will not be mailed. NO EXCEPTIONS.

THROWING EVENTS: Cafeteria Style - Ages 13 & Up

Hammer/Safety Throw: 8am-11am

Discus (11 & up): Noon-6pm

Shot Put: Noon-6pm

Javelin: 8am-2pm

THROWING EVENTS: Cafeteria Style - Ages 12 & Under

Shot Put: 8am-Noon

Turbo Javelin: 8am-Noon

FIELD EVENTS: Cafeteria Style - All ages

Pole Vault (progressing bar starting at 5'6"): 8am-Noon

High Jump (progressing bar starting at 2'6"): 8am-Noon

Triple Jump: 8am-11am

LONG JUMP: Cafeteria Style - All ages

Long Jump - Ages 13 and Under: 8am-11am

Long Jump - Ages 14-18: 11am-2pm

Long Jump - Ages 19 and Up: 2pm-5pm

RUNNING EVENTS: Rolling schedule starting at 9am

3000m Run (race 1 = ages 8-18; race 2 = ages 19+)

1500m Racewalk (race 1 = ages 8-18; race 2 = ages 19+)

80m Hurdles

100m Hurdles

110m Hurdles

Steeplechase

RUNNING EVENTS: Rolling schedule starting at 3pm

4 x 100m Relay Rally

4 x 400m Relay Rally

1500m Run

100m Dash

400m Dash

200m Dash

800m Run

A rolling schedule will be used for all running events. Female first followed by male, and youngest to oldest

RELAY RALLY:

The purpose of the Relay Rally is to allow friends or family members to compete on the same team, no matter the age or gender. When contemplating your participation in this event, keep the following in mind: This is an exhibition event that provides a unique opportunity for various friends or family members to compete together. The goal of the Relay Rally is to provide a FUN experience! If you are a highly competitive relay team looking to fill your trophy case with medals, this event is probably not for you. Please keep in mind that the Relay Rally is considered an ancillary event to the other events on the schedule. Therefore, in order to compete in the Relay Rally, you **MUST** be registered to compete in other running or field events. So please, take our word for it when considering your participation in the Relay Rally, do not do it with intention of setting records, taking home medals or even testing yourself against top level competition; **DO IT FOR FUN!**

- Teams must register on site at heating area when called. You will not pre-register for the relay during the online registration process.
- Gold, silver, and bronze medals will be awarded to the top three teams in the Relay.
- RELAYS WILL NOT BE RUN BY SPECIFIC AGE GROUPS OR GENDERS. NO EXCEPTIONS.