

Heart of America Games
Rules & Guidelines
Track & Field

Guiding Bodies:

KPFAA

United States Track & Field (USTAF)

Events:

Field Events: shot put, discus, long jump & high jump

Track Events: 100m low hurdles, 100m dash, 1600m Run, 400m Relay, 400m Run, 800m Run, Sprint Medley Relay, 200m Dash, 1600m Relay, & 3000m Run.

All of the above events are offered to men in the following age categories: 18-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, and 60+

Women: 18-29, 30-34, 35-39, 40-49 and 50+

Competition Duration:

One day. Field events and track preliminaries are held in the morning and last about 4 hours.

Track events are in the afternoon and last about 5 hours.

Send email to dakpfaa@gmail.com with questions or comments about this Web site.