

2026 WSO TRACK & FIELD & ROAD RACE SCHEDULE

REGISTRATION

Final Registration Deadline: June 11, 2026

Age Divisions (5-Year Brackets):

50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+, 105+

Events may be combined or canceled depending on participation.

VENUES

Central High School

5500 Education Dr., Cheyenne, WY 82001

McCormick Junior High

6000 Education Dr., Cheyenne, WY

Lions Park Greenway (Near Softball Field)

S Lions Park Dr., Cheyenne, WY 82001

THURSDAY, JUNE 18

Road Race – Lions Park Greenway (Near Softball Field)

Time Event

7:00 AM Warm-Up

7:30 AM 10K Run (Men/Women)

Field Events – Central High School

Time Event

3:00 PM Warm-Up

3:15 PM Check-In

3:30 PM Softball Throw

Football Throw

Frisbee Throw

Please email if you are unable to attend the 3:15 PM check-in. We will roll based on

who is present at the start time of 3:30 with softball, followed by football and finishing with frisbee throw. Final throws at 5:00 PM.

FRIDAY, JUNE 19

Power Walk – Central High School Track

Time Event

7:30 AM Warm-Up

8:00 AM 1500M Power Walk (Women followed by Men)

Race Walk – Central High School Track

Time Event

8:30 AM Warm-Up

9:00 AM 1500M Race Walk (Women followed by Men)

Field Events (8:00 AM – 10:00 AM)

Extra Drop-In TBD

Drop-in format except Pole Vault

Locations: Central High School & McCormick Junior High

- Hammer Throw (McCormick)
- Long Jump
- Javelin (McCormick)
- Pole Vault – No drop-in without previous communication. Be ready to start by 8:30 AM.

Track Events – Central High School Track

Women followed by Men. Youngest to oldest. Divisions may be combined based on entries. Start times are estimated. Events will not begin before the scheduled time.

Time Event

10:00 AM 100M Race Walk

10:20 AM 100M Run

10:50 AM 800M Race Walk

11:10 AM 800M Run

11:30 AM 200M Race Walk

SATURDAY, JUNE 20

Road Race – Lions Park Greenway (Near Softball Field)

Time Event

7:00 AM Warm-Up

7:30 AM 5K Run (Men/Women)

Power Walk – Central High School Track

Time Event

7:30 AM Warm-Up

8:00 AM 5000M Power Walk (Men and Women Combined)

Race Walk – Central High School Track

Time Event

8:45 AM Warm-Up

9:15 AM 5000M Race Walk (Men and Women Combined)

Field Events (8:00 AM – 10:00 AM)

Extra Drop-In TBD

Drop-in format except High Jump - please be ready to go by 8:30 AM

Locations: McCormick Junior High & Central High School

- Discus (McCormick)
- High Jump
- Standing Long Jump
- Shot Put (McCormick)
- Triple Jump

Track Events – Central High School Track

Women followed by Men. Youngest to oldest. Divisions may be combined based on entries. Start times are estimated. Events will not begin before the scheduled time.

Time Event

10:30 AM 50M Run

10:50 AM 200M Run

11:10 AM 400M Race Walk

11:30 AM 400M Run

11:50 AM 1500M Run

ROAD RACE INFORMATION

Participants may run both the 5K and 10K but must compete in each race separately. Splits from one race may not count toward the other. Track-based 5K/10K events do not qualify for Road Races.

FEES

- \$60.00 – First Sport Registration
- \$10.00 – Per Additional Sport
- \$10.00 – Venue Fee

MEDALS & AWARDS

- Gold, Silver, and Bronze medals awarded to the top three finishers in each age group and gender division.
- No tie-breakers; identical medals awarded in the event of a tie.

GENERAL RULES

- All events follow NSGA 2026 and USA Track & Field rules.
- Track races are timed finals; fastest heats run last.

Race Order

1. Women (Oldest to Youngest)
2. Men (Oldest to Youngest)

QUALIFYING FOR THE 2027 NATIONAL SENIOR GAMES

1. All first-, second-, third- and fourth-place winners, or athletes meeting NSGA minimum performance standards at a 2026 NSGA qualifying games, qualify for the 2027 National Senior Games.
2. Athletes who reside in a state that does not offer Pole Vault may qualify for that event by meeting the "limited" event qualifying criteria in Rule D.
3. Athletes who qualify for and compete in the 50M, 100M, 200M, 400M, or 800M at the 2027 National Senior Games are eligible to compete in the 4x100M Relay. Athletes may not qualify for the relay in any other manner.

COMMISSIONER(S)

Charli

Hetherington