

2023 Maryland Senior Olympics **8-3-2023**
Howard Community College
Revised Track and Field Schedule
(changed from original schedule)

Saturday, Aug. 5

- 8:00 AM Hammer throw, Weight throw to follow (men 70-79)
Running long jump, standing long jump to follow (women, all ages)
- 9:00 AM Power Walk
- 9:30 AM Javelin throw (men 80+)
- 10 AM Hammer throw All women followed by Weight throw
1500 meter run (men, all ages) – (2 or 3 sections)
- 10:30 AM 100 meter dash trials (if necessary)
- 10:45 PM Running long jump, standing long jump to follow (men 80+)
- 11:00 AM Javelin throw (men 70-79)
1500 meter run (women, all ages)
- Noon Hammer throw, weight throw to follow (men 80+)
- 12:30 PM 1500 meter race walk (men and women) –
Running long jump, standing long jump to follow (men 70-79)
Javelin throw (men 50-69)
- 1:30 PM 100 meter dash (men, oldest to youngest) Finals
- 2 PM Running long jump, standing long jump to follow (men 60-69)
100 meter dash (women, oldest to youngest)
Hammer throw (men 50-69) Weight throw to follow
Javelin throw (women, all ages)
- 2:30 PM 50 meter dash (men, oldest to youngest) Finals on Time
- 2:45 PM 50 meter dash (women, oldest to youngest) – probably 5 sections Finals on Time
- 3:00 PM Running long jump, standing long jump to follow (men 50-59)
- 3:30 PM 400 meter dash (men, oldest to youngest)
- 4:00 PM 400 meter dash (women, oldest to youngest)
Long Jump M 60-69

2023 Maryland Senior Olympics **8-3-2023**
Howard Community College
Revised Track and Field Schedule
(changed from original schedule)

Sunday, Aug. 6

9 AM

200m Dash Prelims for men 60-64 only
High jump (men 50-69)
Triple jump (all women)
Shot put (men 70-79)
Discus throw (men 60-69)

10 AM – 2 PM Football, Frisbee and softball throws (men and women), open pit.

10 AM

800 meter run (men, all ages)

10:30 AM

High jump (men 70+)
Discus throw (men 70-79)
Triple Jump M 70+

10:45 AM

Shot put (men 50-69)
800 meter run (women, all ages)

11:30 AM

1500m Power Walk (men and women, all ages)
High Jump (women, all ages)

Noon

Shot put (women 50-64)
Triple Jump (men 50-59)
Discus throw (women 65+)

12:30 PM

200 meter dash (men, oldest to youngest) Finals

1 PM

200 meter dash (women, oldest to youngest) Finals
Shot Put (women 65+)
Pole vault (men and women)
Triple Jump (men 60-69)
Discus throw (women 50-64)

1:30 PM 1 mile precision walk (men and women)

2:00PM Discus throw (men 50-59)
Triple jump (men **70 +**)

2:00 PM Shot put (men 80+)

3:00 PM Discus throw (men 80+)