

MSO T & F Field Event Schedule by Venue and by Age Group Aug 5, 2023 as of 8-2-2023

Hammer/Wt	Javelin	Long Jump
8am M70-79	9:30am M 80+	8am all W
10am all W	11am M70-79	10:45am M 80+
Noon M 80+	12:30pm M50-69	12:30pm M70-79
2pm M50-69	2pm all Women	3pm M50-59
		4pm M60-69

Women	Men 50-59	Men 60-69	Men 70-79	Men 80+
8am LJ	12:30 JT	12:30pm JT	8am HT/WT	9:30am JT
10am HT/WT	2pm HT/WT	2pm HT/WT	11am JT	10:45am LJ
2 pm JT	3pm LJ	4pm LJ	12:30pm LJ	Noon HT/WT

MSO T & F Field Event Schedule by Venue and by Age Group Aug 6, 2023

Shot Put	Discus	Triple Jump
9am M 70-79	9am M 60-69	9am All Women
10:45am M50-69	10:30 am M70-79	Noon M 50-59
Noon W 50-64	Noon W 65+	1pm M60-69
1pm W 65+	1pm W50-64	2pm M 70+
2 pm M 80+	2pm M 50-59	
	3pm M80+	

Women	Men 50-59	Men 60-69	Men 70-79	Men 80+
9am TJ	10:45am SP	9am DT	9am SP	2pm TJ
Noon SP 50-64	Noon TJ	10:45am SP	10:30am DT	2 pm SP
Noon DT 65+	2pm DT	Noon pm TJ	2pm TJ	3pm DT
1pm SP 65+				
1pm DT 50-64				

8-3-2023