

2025 Maryland Senior Olympics 6-24-25 v3
Howard Community College
Revised Track and Field Schedule
(changed from original schedule)

Saturday, June 28

- 8:00 AM Hammer throw, Weight throw to follow (men 70 plus)
 Running long jump, standing long jump to follow (women, all ages)
- 9:00 AM 5k Power Walk (men and women)
- 9:30 AM Javelin throw (men 80+)
- 10 AM 1500 meter run (men, all ages)
 Running Long Jump. Standing Long Jump to follow Men 80+
- 10:30 AM 100 meter dash trials (if necessary)
 Javelin throw (men 70-79)
- 11:00 AM 1500 meter run (women, all ages)
 Hammer Throw followed by Wt. Throw all Women
- Noon Javelin throw (men 50-69)
- 12:30 PM 1500 meter race walk (men and women)
 Running long jump, standing long jump to follow (men 70-79)
 Hammer throw (men 50-69) Weight throw to follow
- 1:00 PM Javelin throw (women, 50-69)
- 1:30 PM 100 meter dash (men, oldest to youngest) Finals
- 2 PM Running long jump, standing long jump to follow (men 50-69)
 100 meter dash (women, oldest to youngest)
 Javelin Throw (women, 70 plus)
- 2:30 PM 50 meter dash (men, oldest to youngest) Finals on Time
- 2:45 PM 50 meter dash (women, oldest to youngest)
- 3:30 PM 400 meter dash (men, oldest to youngest)
- 3:45 PM 400 meter dash (women, oldest to youngest)

2025 Maryland Senior Olympics **6-24-2025 v3**
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Revised Track and Field Schedule
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Sunday, June 30

8AM Shot put (men 70-79)
 Discus throw (men 50-69)

9 AM High jump (men 50-69)
 Triple jump (all women)

9:30AM Shot put (men 50-69)
 Discus throw (men 70-79)

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+)
 Triple Jump M 70+

10:45 AM 800 meter run (women, all ages)

11:00 AM Shot Put (All women)

11:30 AM 1500m Power Walk (men and women, all ages)
 High Jump (women, all ages)

Noon Triple Jump (men 50-69)

12:30 PM 200 meter dash (men, oldest to youngest) Finals
 Discus throw (men 80+)

1 PM
 200 meter dash (women, oldest to youngest) Finals
 Pole vault (men and women)

1:30 PM 1 mile precision walk (men and women)
 Discus Throw All Women
 Shot put (men 80+)