

2023 Maryland Senior Olympics
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, Weight throw to follow (women, all ages)
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 50-69)
- 12:30 PM
1500 meter race walk (men and women)
Running long jump, standing long jump to follow (men 70-79)
Javelin throw (men 60-69)
- 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)
Javelin throw (men 50-59)
- 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)
Javelin throw (women, all ages)
- 4:00 PM 400 meter dash (women, oldest to youngest) – probably 3 sections
Hammer throw, Weight throw to follow (men 80+)

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Sunday, Aug. 6

9 AM

200m Dash Prelims if needed
High jump (men 50-69)
Triple jump (all women)
Shot put (men 70-79)
Discus throw (men 50-69)

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

10 AM

800 meter run (men, all ages)
Triple jump (men 70 +)

10:30 AM

High jump (men 70+)

10:45 AM

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

11:00 AM

Discus throw (men 70-79)

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)

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+)
Discus throw (women 65+)
Pole vault (men and women)

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

2:00PM Discus throw (women 50-64)

2:15 PM Shot put (men 80+)

3:00 PM Discus throw (men 80+)