

2024 Maryland Senior Olympics 7-31-2024

Howard Community College

**Revised** Track and Field Schedule

(changed from original schedule)

**Saturday, Aug. 3**

- 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 5 K Power Walk (men and women of all ages)
- 9:30 AM Javelin throw (men 80+)
- 10 AM Hammer throw, Weight throw to follow (all women)  
1500 meter run (men, all ages)
- 10:30 AM Javelin throw (men 70-79)
- 10:45 AM Running long jump, standing long jump to follow (men 80+)
- 11:00 AM 1500 meter run (women, all ages)
- 12:30 PM 1500 meter race walk (men and women, all ages)  
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 50-69)  
100 meter dash (women, oldest to youngest)  
Hammer throw (men 50-69) Weight throw to follow  
Javelin throw (women, 50-69)
- 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 Javelin Throw Women 70 plus
- 4:00 PM 400 meter dash (women, oldest to youngest)

**Sunday, Aug. 4**

- 8AM Shot put (men 70-79)  
Discus throw (men 50-59)
- 9 AM High jump (men 50-69)  
Triple jump (all women)  
Discus Throw (M60-69)
- 9:30AM Shot put (men 50-59)
- 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+  
Shot put M60-69
- 10:45 AM 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 50-69)  
Triple Jump (men 50-69)  
Discus throw (women 70 plus)
- 12:30 PM 200 meter dash (men, oldest to youngest) Finals
- 1 PM 200 meter dash (women, oldest to youngest) Finals  
Shot Put (women 70 plus)  
Pole vault (men and women)  
Discus throw (women 50-69)
- 1:30 PM 1 mile precision walk (men and women, all ages)
- 2:00 PM Shot put (men 80+)
- 3:00 PM Discus throw (men 80+)