

Ocean State Senior Olympics - Track Field Schedule

Women's Throws Youngest to Oldest May Combine Groups	Men's Throws Youngest to Oldest May Combine Groups		Men's Jumps Youngest to Oldest May Combine Groups	On the Track Youngest to Oldest; Women before Men; May Combine Groups	Men's Jumps Youngest to Oldest May Combine Groups	
		9:00	Opening Ceremonies			9:00
Women's Discus followed by Women's Hammer	Men's Javelin	9:30		100 Meter Dash Women		9:30
		9:40		100 Meter Dash Men		9:40
		9:50				9:50
		10:00			Women's Long Jump	10:00
		10:10	Men's Long Jump	1500 Meter Run		10:10
		10:20				10:20
		10:30				10:30
	Men's Shot Put	10:40				10:40
		10:50		200 Meter Dash Women		10:50
		11:00		200 Meter Dash Men		11:00
		11:10			Women's High Jump	11:10
		11:20		800 Meter Run		11:20
Women's Javelin		11:30				11:30
	Men's Discus followed by Men's Hammer	11:40		1500 Meter Racewalk		11:40
		11:50	Men's High Jump	1500 Meter Fun Walk		11:50
		12:00			Women's Triple Jump	12:00
		12:10				12:10
		12:20		400 Meter Dash		12:20
Women's Shot Put		12:30	Men's Triple Jump			12:30

All times listed are start times. Warmups should take place prior to these times.