

Maine Senior Games  
Track & Field  
Meet Schedule  
August 21, 2010  
Scarborough HS

Track Events

9:00 am 1500m  
9:30 am 100m\*  
10:00 am 800m  
10:20 am 200m\*  
10:45am 1500m Race Walk  
11:15am 400m\*  
11:45 am 3000m

\* Women's heats oldest to youngest followed by  
men's heats oldest to youngest

Field Events

9:00 am Javelin-women (all ages)  
Shot Put- men (50-59)  
Discus- men (60 & Over)

9:45 am Javelin- men (60 and over)  
Shot Put- women (all ages)  
Discus -men (50-59)

10:30 am Javelin-men (50-59)  
Shot Put- men (60 & over)  
Discus- women (all)

Jumps

9:00 am Long Jump -women (all ages)  
9:30 am Long Jump-men (50-69)  
10:00 am Triple Jump- women (all ages)  
10:15 am Long Jump-men (70 & over)  
11:00am Triple Jump-men (all ages)  
9:00am High Jump- women (all ages)  
10:00 High Jump -men (all ages)