



## **Track & Field**

- 1. There are 13 events in Track & Field**
- 2. Track events include: 100m, 200m, 400m, 800m, 1500m, 3000m, 1500 race walk**
- 3. Field events include: Javelin, shot put, discus, long jump, triple jump, high jump**
- 4. Although we try to provide some of the throwing implements we ask that you please bring your own. Javelins are not provided!**
- 5. Please check in 30-45 minutes before your event,**
- 6. Those of you in a running event be sure to pick up your number before competing.**
- 7. Medals will be awarded to the top three places in each event and in each age category and ribbons for fourth place**
- 8. This is a sanctioned event by the USTFA**
- 9. This is a National Senior Games event.**

Saturday August 6th 1:00 PM  
Scarborough High School  
Scarborough  
Rain Date: Sunday August 7<sup>th</sup>  
*Event Coordinator: Ron Kelly*