



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 on the field under the tent.
8. This is a sanctioned event by the USTFA
9. This is a National Senior Games event.

Saturday August 21st 9:00AM
Scarborough High School
Scarborough