

**MAINE SENIOR GAMES
TRACK & FIELD MEET
August 28th 2010
FITZPATRICK STADIUM - PORTLAND**

Meet Schedule

9:00 am 1500m
9:30 am 100m *
10:00 am 800m
10:20 am 200m *
10:45 am 1500m race walk
11:15 am 400m *
11:45 am 3000m

*women's heats - oldest to youngest age groups follow 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)

10:00 am Javelin - men (60 & over)
Shot Put - women (all ages)
Discus - men (50-59)

11:00 am Javelin - men (50 - 59)
Shot Put - men (60 & over)
Discus - women (all)

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

Age Groups:	50 – 54	55 – 59	60 – 64	65 – 69	70 – 74
	75 – 79	80 – 84	85 – 89	90 – 94	95 - 100