

Rhode Island Senior Games – Track & Field

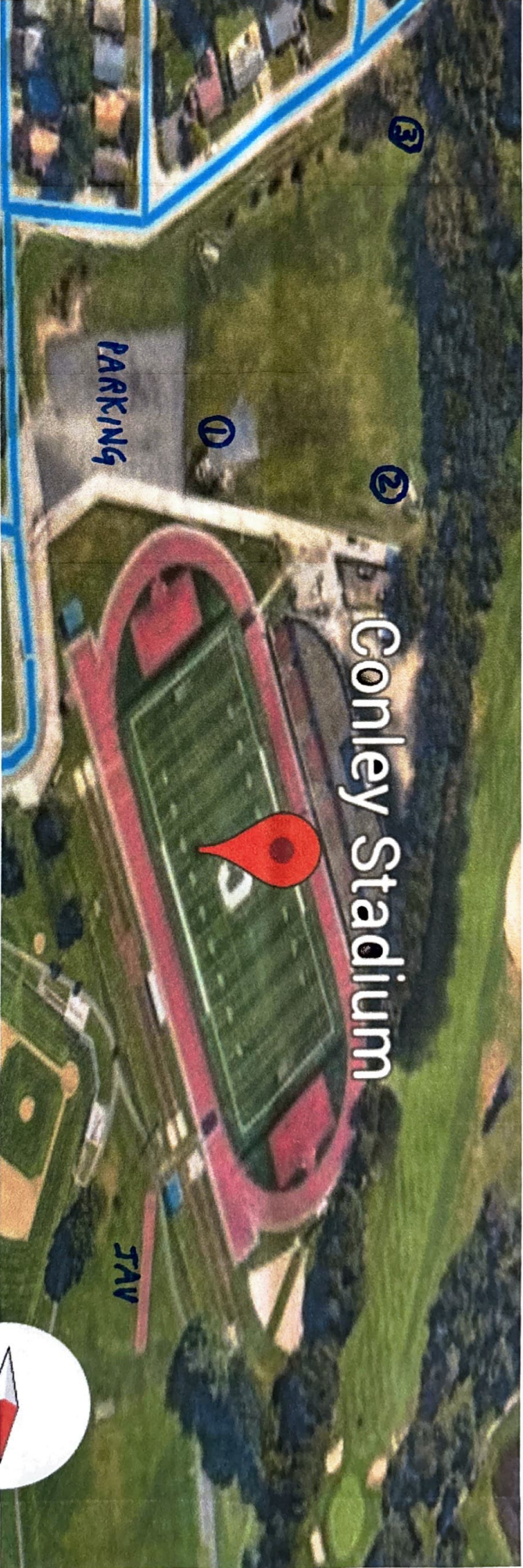
Conley Stadium, 434 Mount Pleasant Ave, Providence RI 02908

September 7, 2024 at 10:00 AM ... no rain date

Time	Throws-Women	Throws-Men	Jumps	On The Track
10:00	Check-in			
10:30	Shot (Circle1) followed by Discus (Circle1)	Hammer (Circle2) <u>AND</u> Discus (Circle3), Flights TBD		50 Meter Dash Women followed by Men
11:00			Women's and Men's Long Jump	100 Meter Dash Women followed by Men
11:30				1500 Meter Run
11:50				200 Meter Dash Women
12:00	Javelin		Women's and Men's High Jump	200 Meter Dash Men
12:20				800 Meter Run
12:30		Shot (Circle1) <u>AND</u> Weight (Circle3), Flights TBD		
12:40				1500 Meter Racewalk
1:00	Hammer (Circle2) followed by Weight (Circle2)		Women's and Men's Triple Jump	
1:20				400 Meter Dash
2:00		Javelin		

- Groups may be combined depending on number of competitors.
- Track surface – new 2-year old synthetic grade track.
- Throws info:
 - No house implements available. Weigh-in of personal implements closes at 11:30.
 - 2 warm-up throws allowed, only before your flight, in circle you will be throwing in. If you take 2 discus into circle, that is your 2 warmups.
 - No warm-up or practice throws are allowed in any circles other than the circle you will be throwing in and only before your flight once Official opens circle for warmups. However, you may 'dry run' (without implement) turns in facility's circles most distant from any circle being used in any ongoing competition.
 - 6 competition throws.
- There is not a lot of shade in Circles areas, so bring your own (umbrella, hat, ...). Don't forget sunscreen.

Concession stand will be open with grilled foods, snacks and water/beverages for sale.



Conley Stadium

PARKING

JAV

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