

Rhode Island Senior Games – Track & Field

Conley Stadium, 434 Mount Pleasant Ave, Providence RI 02908

August 29, 2026 at 10:00 AM ... no rain date

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

- FAT timing.
- Groups may be combined depending on number of competitors.
- Track surface – new 4-year old synthetic grade track.
- Throws info:
 - Schedule is subject to change based on number of competitors.
 - No house implements available. Weigh-in of personal implements closes at 11:30.
 - Max of 3 warm-up throws allowed, only before your flight, in circle you will be throwing in.
 - 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.
 - 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.