



2018 Track and Field Schedule

Schedule, event breakdown and health risks for the 29th annual MSO track and field meet, Aug. 11-12 at Howard County Community College. Times are subject to change based on weather and participation. Check your email, our website and at sign-in on the day of your event for potential time changes.

Notes: Athletes may enter only one of the 1-mile walk events. Field events may start before scheduled times. Check in at the venue at least 15 minutes prior to the scheduled start time.

Saturday, Aug. 11

TIME	EVENT	RISK
9 AM	Hammer throw (men 70-79, followed by weight throw)	Medium
9 AM	Running long jump with standing long jump to follow (women, all ages)	Medium
9:30 AM	Javelin throw (men 80-plus)	Medium
10 AM	1500-meter run (men, all ages)	Medium
10:30 AM	Javelin throw (men 70-79)	Medium
10:30 AM	100-meter dash trials (if necessary)	High
10:45 PM	Running long jump (men 80-plus, followed by standing long jump)	Medium
11:00 AM	Hammer throw (men 50-59, followed by weight throw)	Medium
11 AM	1500-meter run (women, all ages)	Medium
12:30 PM	1500-meter race walk (men and women)	Medium
12:30 PM	Running long jump (men 70-79, followed by standing long jump)	Medium
12:30 PM	Javelin throw (men 50-59)	Medium
1 PM	Hammer throw (women, all ages, followed by weight throw for all ages)	Medium
1:30 PM	Javelin throw (men 60-64)	Medium
1:30 PM	100-meter dash (men, oldest to youngest)	High
2 PM	Running long jump (men 60-69, followed by standing long jump)	Medium

2 PM	Javelin throw (men 65-69)	Medium
2 PM	100-meter dash (women, oldest to youngest)	High
2:45 PM	Hammer throw (men 80-plus, followed by weight throw)	Medium
2:30 PM	50-meter dash (men, oldest to youngest)	High
2:45 PM	50-meter dash (women, oldest to youngest)	High
3:30 PM	Running long jump (men 50-59, followed by standing long jump)	Medium
3:30 PM	Javelin throw (women, all ages)	Medium
3:30 PM	400-meter dash (men, oldest to youngest)	High
3:45 PM	400-meter dash (women, oldest to youngest)	High
4:30 PM	Hammer throw (men 60-69, followed by weight throw)	Medium

Sunday, Aug. 12

TIME	EVENT	RISK
9 AM	Triple jump (men 80-plus)	Medium
9 AM	Shot put (men 70-79)	Medium
9 AM	Discus throw (men 50-59)	Medium
10 AM-2 PM	Football, Frisbee and softball throws (men and women), open pit.	Medium
10 AM	800-meter run (men, all ages)	High
10:15 AM	Shot put (men 50-59)	Medium
10:30 AM	High jump (men, all ages)	Medium
10:30 AM	Triple jump (men 70-79)	Medium
10:30 AM	Discus throw (men 60-69)	Medium
10:45 AM	800-meter run (women, all ages)	High
11:30 AM	Shot put (men 60-69)	Medium
11:30 AM	1500m Power Walk (men and women, all ages)	Medium
Noon	High Jump (women, all ages)	Medium
Noon	Discus throw (men 70-79)	Medium
12:30 PM	Shot put (women 50-69)	Medium
12:30 PM	200-meter dash (men, oldest to youngest)	High
1 PM	200-meter dash (women, oldest to youngest)	High
1 PM	Triple jump (women, all ages)	Medium
1 PM	Pole vault (men and women)	Medium
1:30 PM	Shot put (women 70-plus)	Medium

1:30 PM	Discus throw (women 50-69)	Medium
1:30 PM	1-mile precision walk (men and women)	Medium
2 PM	Triple jump (men 60-69)	Medium
2:30 PM	Shot put (men 80-plus)	Medium
2:30 PM	Discus throw (women 70-plus)	Medium
3 PM	Triple jump (men 50-59)	Medium
3:30 PM	Discus throw (men 80-plus)	Medium