

# Oklahoma Senior Games 2020 Track and Field Schedule

Shawnee High School  
1001 N Kennedy Avenue, Shawnee, OK 74801

This schedule is subject to minor changes

## Track Events

### 9:00 am Track Meet Begins

- 9:00** 400 Meter All Ages M & W
- 9:30** 1500 Meter Race Walk All Ages M & W
- 10:00** 50 Meter All Ages M & W
- 10:20** 1500 Meter Run All Ages M & W
- 10:45** 100 Meter All Ages M & W
- 11:15** 1500 Meter Power Walk All Ages M & W
- 11:40** 800 Meter All Ages M & W
- 12:10** 200 Meter All Ages M & W
- 12:45** **Age and Gender 4 X 100 Relays**  
Teams sign up at the field before 12:00

**Regina Stewart**  
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**405-802-4491**

## Field Events

### 9:00 am Field Events Begin

#### 9:00 First Three Events

Discus All Ages; Men 1<sup>st</sup>; Women 2<sup>nd</sup>  
Standing Long Jump All Ages M & W  
Women 1<sup>st</sup>, Men 2<sup>nd</sup> Long Jump Pit  
Shotput All Ages; Women 1<sup>st</sup>, Men 2<sup>nd</sup>. Ring

#### 10:30 Second Three Events

Hammer All Ages Men 1<sup>st</sup>, Women 2<sup>nd</sup>  
Cage  
Triple Jump All Ages Women 1<sup>st</sup>, Men 2<sup>nd</sup>  
Long Jump Pit  
Javelin All Ages Women 1<sup>st</sup>, Men 2<sup>nd</sup> Field

#### 11:30 Third Event

12:00 Long Jump All Ages  
Men 1<sup>st</sup>, Women 2<sup>nd</sup> Long Jump Pit

#### After Relays Fourth Events

Pole Vault M & W  
High Jump M & W