



Heartland Golden Games



Play On, Play Through, Play Forever



May 20, 2017 Schedule of Events

Field Events

- 9:00 a.m. - Long Jump, Standing Long Jump, Triple Jump and Shot Put
- 10:00 a.m. - Pole Vault, Javelin

Running Events

- 10:30 a.m. - Weight Throw
- 11:00 a.m. - High Jump, Discus, Weight Throw
- 12:00 p.m. - Hammer Throw, Super Weight
- 1:30 p.m. - 100 Meter Dash
- 1:45 p.m. - 3000 Meter Run
- Softball Throw (On the Football Field)
- 2:10 p.m. - 55 Meter Dash
- 2:25 p.m. - 1500 Meter Run
- 2:45 p.m. - 80/100/M Hurdles
- 3:05 p.m. - 800 Meter Run
- 3:25 p.m. - 200 Meter Dash
- 3:50 p.m. - 1500 Meter Racewalk
- 4:05 p.m. - 300/400 Meter Hurdles
- 4:25 p.m. - 5000 Meter Run
- 4:45 p.m. - 400 Meter Dash

Track and Field Events will be held at Friends University, 2100 W. University Drive.

Medals will go to the top 3 winners in each game in each age bracket



Registration begins at 8 a.m.

Registration cost: \$40 per person
(Price includes access to any of the games, a t-shirt and lunch)

To pick-up a registration form visit the senior centers or for more information call (316) 267-0302

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