

Track & Field Detailed Schedule

The Principia



These are approximate starting times. Please arrive 10-15 minutes prior to the start of your event.

Monday, September 6

Track Schedule

8:00am	1500 Meter Race Walk (W All)
8:20am	1500 Meter Race Walk (M All)
8:50am	400 Meter Run (W All)
8:55am	400 Meter Run (M 75+)
9:00am	400 Meter Run (M 65-74)
9:05am	400 Meter Run (M 60-64)
9:15am	400 Meter Run (M 55-59)
9:20am	400 Meter Run (M 50-54)
9:30am	1500 Meter Power Walk (W All)
9:50am	1500 Meter Power Walk (M All)
10:20am	100 Meter Dash (W 65+)
10:25am	100 Meter Dash (W 55-64)
10:30am	100 Meter Dash (W 50-54)
10:40am	100 Meter Dash (M 80+)
10:45am	100 Meter Dash (M 70-79)
10:55am	100 Meter Dash (M 65-69)
11:05am	100 Meter Dash (M 60-64)
11:15am	100 Meter Dash (M 50-59)
11:30am	1500 Meter Run (W All)
11:40am	1500 Meter Run (M 70+)
11:50am	1500 Meter Run (M 60-69)
12:00pm	1500 Meter Run (M 50-59)
12:15pm	200 Meter Dash (W All)
12:20pm	200 Meter Dash (M 75+)
12:25pm	200 Meter Dash (M 70-74)
12:30pm	200 Meter Dash (M 65-69)
12:35pm	200 Meter Dash (M 60-64)
12:40pm	200 Meter Dash (M 55-59)
12:45pm	200 Meter Dash (M 50-54)
12:55pm	800 Meter Run (W All)
1:00pm	800 Meter Run (M 75+)
1:05pm	800 Meter Run (M 65-74)
1:10pm	800 Meter Run (M 60-64)
1:15pm	800 Meter Run (M 50-59)
1:30pm	50 Meter Dash (W 65+)
1:35pm	50 Meter Dash (W 50-64)
1:45pm	50 Meter Dash (M 75+)
1:55pm	50 Meter Dash (M 70-74)
2:00pm	50 Meter Dash (M 65-69)
2:10pm	50 Meter Dash (M 60-64)
2:20pm	50 Meter Dash (M 55-59)
2:25pm	50 Meter Dash (M 50-54)

Field Schedule

For events with designated start and end times, please report to and complete event during allotted time frame.

8:00-9:30am	Javelin (M All)
8:00-9:30am	Running Long Jump (M All)
8:00-9:30am	Discus (M All)
8:00-9:30am	Shot Put (W All)
8:00-9:30am	Standing Long Jump (W All)
8:00-8:20am	High Jump (M 50-54)
8:20-8:40am	High Jump (M 55-59)
8:40-9:00am	High Jump (M 60-64)
9:00-9:20am	High Jump (M 65-74)
9:20-9:40am	High Jump (M 75+)
9:40-10:00am	High Jump (W All)
9:00-10:30am	Pole Vault (M All, W All)
9:30-11:00am	Javelin (W All)
9:30-11:00am	Running Long Jump (W All)
9:30-11:00am	Discus (W All)
9:30-11:00am	Shot Put (M All)
9:30-11:00am	Standing Long Jump (M All)
11:00am-12:30pm	Triple Jump (M All, W All)

*Please visit stlouisseniolympics.org for age-specific weights



Saturday, August 28

9:00am Cycling (5 miles)	Marias Temps Clair Conservation Area
10:00am Cycling (5 Kilometers)	Marais Temps Clair Conservation Area
10:45am Cycling (1 Mile)	Marais Temps Clair Conservation Area
11:00am Billiards: Eight Ball	Teachers Billiards
11:15am Cycling (1/4 Mile)	Marais Temps Clair Conservation Area
4:00pm Water Volleyball (Co-Ed) (65-74)	LSS at Laclede Groves
6:30pm Water Volleyball (Co-Ed) (50-64)	LSS at Laclede Groves
TBA Ultimate Frisbee	

Sunday, August 29

9:00am Water Volleyball (Co-Ed) (75+)	LSS at Laclede Groves
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Tuesday, August 31

7:30am 18-Hole Golf Tournament	Forest Park Golf Course
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Friday, September 3

8:00am Horseshoes Singles (M 50-64)	J Creve Coeur Ballfields
9:00am 9-Hole Golf Tournament	Creve Coeur Golf Course
9:00am Washer Toss (W 50-64)	J Creve Coeur Upper Play Fields
9:30am Horseshoes Singles (M 65+)	J Creve Coeur Ballfields
10:00am Vendor Fair	J Camp Pavilion and Parking Lot
11:00am Horseshoes Singles (W 50-64)	J Creve Coeur Ballfields
11:00am Tennis	Dwight Davis Tennis Center
11:00am Washer Toss (W 65+)	J Creve Coeur Upper Play Fields
12:00pm Opening Ceremonies	J Creve Coeur Day Camp Pavilion
1:00pm Horseshoes Singles (W 65+)	J Creve Coeur Ballfields
1:00pm Washer Toss (M 65+)	J Creve Coeur Upper Play Fields
2:00pm Washer Toss (M 50-64)	J Creve Coeur Upper Play Fields
2:30pm Horseshoes Open Doubles (50-59)	J Creve Coeur Ballfields
4:00pm Horseshoes Open Doubles (60+)	J Creve Coeur Ballfields
5:00pm Pickleball Mixed Doubles (50-64)	Dwight Davis Tennis Center

Saturday, September 4

8:00am Badminton Singles (M)	J Creve Coeur Gym
8:00am Golf Closest to the Pin	J Creve Coeur Ballfields
9:00am Football Punt	J Creve Coeur Upper Play Fields
9:00am Table Tennis Singles (W)	J Creve Coeur Gym
10:00am Table Tennis Doubles (W)	J Creve Coeur Gym
10:00am Weightlifting Weigh-In	J Creve Coeur Fitness Center
10:30am Badminton Doubles (M)	J Creve Coeur Gym
10:30am Football Kick	J Creve Coeur Upper Play Fields
11:00am Dart Throw	Blueberry Hill
11:00am Table Tennis Mixed Doubles	J Creve Coeur Gym
12:00pm Soccer Kick – Distance	J Creve Coeur Upper Play Fields
12:00pm Table Tennis Singles (M 50-59)	J Creve Coeur Gym
12:30pm Badminton Mixed Doubles	J Creve Coeur Gym
1:00pm Table Tennis Singles (M 60-69)	J Creve Coeur Gym
1:30pm Frisbee Toss – Distance	J Creve Coeur Upper Play Fields
2:00pm Badminton Singles (W)	J Creve Coeur Gym
2:00pm Swimming	J Chesterfield Indoor Pool
2:00pm Table Tennis Singles (M 70+)	J Creve Coeur Gym
3:00pm Badminton Doubles (W)	J Creve Coeur Gym
3:00pm Bowling Singles	Shrewsbury Lanes
4:00pm Table Tennis Doubles (M)	J Creve Coeur Gym
5:00pm Pickleball Doubles (50-64)	Dwight Davis Tennis Center

Sunday, September 5

8:00am Shuffleboard Singles (M 50-64)	J Creve Coeur Day Camp Pavilion
8:00am Weightlifting	J Creve Coeur Gym
8:30am Basketball Around the World	J Creve Coeur Gym
9:00am Bocce (M 70+)	J Creve Coeur Upper Play Fields
9:30am Basketball Free Throw	J Creve Coeur Gym
10:00am Bocce (M 50-69)	J Creve Coeur Upper Play Fields
10:00am Shuffleboard Singles (W 50-64)	J Creve Coeur Day Camp Pavilion
11:00am Tennis	Dwight Davis Tennis Center
11:30am Bocce (W 50-64)	J Creve Coeur Upper Play Fields
12:00pm Shuffleboard Singles (M 65+)	J Creve Coeur Day Camp Pavilion
1:00pm Bocce (W 65+)	J Creve Coeur Upper Play Fields
2:00pm Shuffleboard Singles (W 65+)	J Creve Coeur Day Camp Pavilion
2:00pm Swimming	J Chesterfield Indoor Pool
3:00pm Bowling Doubles	Shrewsbury Lanes
3:00pm Cornhole Open Doubles	J Creve Coeur Upper Play Fields
5:00pm Pickleball Doubles & Mixed Doubles (65+)	Dwight Davis Tennis Center

Monday, September 6

8:00am Accuracy Plug Casting	J Creve Coeur Outdoor Pool
8:00am Cornhole Singles (M 50-64)	J Creve Coeur Upper Play Fields
8:00am Track & Field	Principia School
8:15am Racquetball Singles	J Creve Coeur Courts
9:00am Baseball Homerun Derby	J Creve Coeur Ballfields
9:00am Football Throws & Accuracy and Distance	J Creve Coeur Upper Play Fields
9:00am Shuffleboard Open Doubles (75+)	J Creve Coeur Day Camp Pavilion
9:00am Tennis	Dwight Davis Tennis Center
9:30am Cornhole Singles (W 50-64)	J Creve Coeur Upper Play Fields
10:00am Bowling 3 Person Baker	Shrewsbury Lanes
11:00am Cornhole Singles (M 65+)	J Creve Coeur Upper Play Fields
11:00am Shuffleboard Open Doubles (50-59)	J Creve Coeur Day Camp Pavilion
11:00am Softball Throws Accuracy and Distance	J Creve Coeur Upper Play Fields
11:30am Softball Homerun Derby	J Creve Coeur Ballfields
12:15pm Racquetball Open Doubles	J Creve Coeur Courts
12:30pm Cornhole Singles (W 65+)	J Creve Coeur Upper Play Fields
1:00pm Bowling Mixed Doubles	Shrewsbury Lanes
1:00pm Shuffleboard Open Doubles (60-74)	J Creve Coeur Day Camp Pavilion
1:30pm Soccer Kick - Accuracy	J Creve Coeur Upper Play Fields

Virtual Senior Olympics

- Opening Ceremonies
- Art Show
- Stretching classes each morning at 8am
- Sampling of Group Ex classes throughout the weekend

Visit stlseniorolympics.org to learn more