



**Michigan  
Senior  
Olympics**



# **TRACK & FIELD**

## **AGES 50+**

### **SUNDAY, AUGUST 18, 2019**

**Location: OAKLAND UNIVERSITY**

**2200 N. Squirrel Rd, Rochester, MI 48309**

**Age Groups: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79,  
80-84, 85-89, 90-94, 95-99, 100+**

**50M, 100M, 200M, 800M, 1500M, Discus, Shot Put, High Jump,  
Javelin, Long Jump, Triple Jump, Pole Vault, Hammer Throw**

**How to Register: Please call 248-608-0252 or visit  
our website at [www.michiganseniorolympics.org](http://www.michiganseniorolympics.org)**

**REGISTRATION DEADLINE: JULY 19, 2019**

Michigan Senior Olympics is a 501 (c) 3 non-profit organization.

This sport is governed by the National Senior Games Association. For official rules visit: [www.nsga.com](http://www.nsga.com)