

Activities At-A-Glance

Schedule of Noncompetitive Events

Wednesday, August 2nd

5-7pm, Welcome Picnic/Social
Washington Park, Otto Dahl Shelter

7-8pm, Municipal Band Concert
Washington Park, Band Shell

The Wyoming Senior Olympics Board
of Directors will meet at the Laramie
Rec Center at 7:30pm.

Thursday, August 3

5:30-9pm, Parade of Athletes,
Opening Ceremonies, Pasta Dinner
with cash bar, Live Music,
Laramie Railroad Depot, Downtown

Friday, August 4

6:00-9pm, Banquet Buffet with cash
bar, Guest Speaker, Closing Remarks
UW War Memorial Stadium,
Wildcatter Suite

THURSDAY, August 3

Cycling

7a-10a *Kiwanis Park*
7:00 am M/W 20k and 40k

Tennis

8a-1p *Laramie High School*
8:00 am Singles
10:30 am M/W Doubles

Pickleball

noon-5p *Ice & Event Center*
12:00 pm M/W Singles

Swimming

noon-2p *Laramie High School*
12:00 pm Warm Up
1:00pm M/W1500

Golf

7a-1p *Jacoby Golf Course*
7:00 am M/W Singles

Billiards

1:30-5p *Mingles*
1:30 pm M/W singles

Horseshoes

2-5p *Washington Park*
2:00 pm M/W Singles
ASAP (3:00 pm) M/W Doubles
ASAP (3:30 pm) Mixed Doubles

Triathlon

2-5p *Laramie High School*
2:00 pm M/W

Track and Field

3-5p *UW Louis Madrid
Complex*
3:00 pm Warm-up
4:00pm M/W Hammer Throw

FRIDAY, August 4

Cycling

7-10a *9th St & Athletic Fields*
7:00 am M/W 5k and 10k time
trials

Basketball

8a-noon *Laramie Rec Center*
8:00 am Free Throw
8:30 am Hot Shot
9:00 am 3 Pt Contest
9:30 am 3 on 3 Half Court

Pickleball

8a-5p *Ice & Event Center*
8:00 am M/W Doubles

Tennis

8a-2pm *Laramie High School*
8:00 am M/W Doubles
ASAP (11:00am)Mixed Doubles

Activities At-A-Glance

Road Race

8-11am *Laramie High School*
8:00 am Warm-up
9:00 am 5K
10:00am 5000m Race Walk

Track and Field

8-noon *UW Louis Madrid Complex*
8:00 am Warm-up
9:00 am 100m Race Walk
Javelin
Long Jump
ASAP (10:00 am)100m Dash
800m Race Walk
High Jump
ASAP (10:00 am)400m Fun Walk
Shot Put
ASAP (11:00 am)1500m Race Walk
Softball Throw
ASAP 800m Run
Pole Vault

Archery

9a-noon *Laramie Shooting Complex*
9:00 am All Archery events

Bowling

9a-2p *Laramie Lanes*
9:00 am M/W and Mixed Doubles

Billiards

11a-2p *Mingles*
11:00 am M/W and Mixed Doubles

Weight Lifting

11a-3p *Laramie Rec Center*
11:00 am Warm-Up
Noon Bench Press
1:00p Sit Ups
1:30pm Pull Ups
3:00pm Deadlift

Swimming

noon-5p *Laramie High School*
12:00 pm Warm Up
12:30pm M/W 100 IM Relay
ASAP(12:30pm)M/W 100 Fly
ASAP (1:00pm) M/W 25 Back
ASAP (1:00pm) M/W 200 Free
ASAP (1:30pm) M/W50 Breast
ASAP (1:30pm) M/W 100 Back
ASAP (2:00pm) M/W 400 IM
ASAP (2:30pm) M/W 100 Breast
ASAP (3:00pm) M/W 25 Fly
ASAP (3:00pm) M/W 200 Back
ASAP (3:30pm) M/W 100 IM

Table Tennis

1-4p *Laramie Rec Center*
1:00 pm M/W Singles
ASAP (2:30 pm) Doubles
ASAP (3:30 pm) Mixed Doubles

Trap & Skeet Shooting

1:00pm *Laramie Shooting Complex*
1:00pm All Shooting Events

Softball

2:00 pm *Little League Blue Field*
2:00 pm Coed Softball (teams)

Disc Golf

3-5p *LaPrele Prairie*
3:00 pm Singles, 18 Hole
Tournament

SATURDAY, August 5

Mtn. Biking

7-10a *N. end of Boulder Dr.*
7:00 am M/W

Volleyball

8-10a *Laramie Rec Center*
8:00 am Coed Teams

Activities At-A-Glance

Pickleball

8a-5p *Ice & Event Center*
Mixed Doubles

Road Race

8-9am *Laramie High School*
8:00 am Warm-up
9:00 am 10K

Track and Field

8-noon *UW Louis Madrid Complex*
8:00 am Warm-up
9:00 am 50m Dash
Standing Long Jump
ASAP (9:00 am)800m Fun Walk
Discus
ASAP (10:00 am)200m Dash
Triple Jump
ASAP (10:30 am)200m Race Walk
Football Throw
ASAP (11:00 am)400m Race Walk
Frisbee Throw
ASAP 400m Dash
ASAP 1500m Run

Bowling

9a-noon *Laramie Lanes*
9:00 am M/W Singles

Weight Lifting

11a-3p *Laramie Rec Center*
11:00 am Warm-Up
Noon Squat
1:00p Push Ups
1:00p Leg Press

Swimming

Noon-5p *Laramie High School*
12:00 Warm Up
1:00pm M/W 50 Free
ASAP (1:30pm) M/W 25 Breast
ASAP (1:30pm) M/W 200 Fly
ASAP (2:00pm) M/W50 Back
ASAP (2:00pm) M/W200 IM

ASAP (2:30pm) M/W25 Free
ASAP (2:30pm) M/W 50 Fly
ASAP (3:00pm) M/W100 Free
ASAP (3:30pm) M/W200 Breast
ASAP (4:00pm) M/W 500 Free
ASAP (4:00pm) M/W 100 Free Relay

Canoeing

noon-3:30p *9 Mile Lake*
12:00 pm Two Person Time Trials
(M/W, Mixed)

Badminton

1-4:30p *Laramie Rec Center*
1:00 pm M/W Singles
ASAP (2:00 pm) M/W Doubles
ASAP (3:00 pm) Mixed Doubles

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• WILDLIFE
• HISTORY & MORE!

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Laramie, Wyoming 82070
www.visitlaramie.org 1-800-445-5303

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