



GOLDEN WEST INVITATIONAL

Where Olympic Careers Begin!

PLEASE NOTE - depending on athlete scratches, heats may be added or collapsed at race time. Time schedule is an approximation. Updated 6/9/2017.

EVENT	CLASS	GENDER	SCRATCH TIME	START
110m Hurdles	HS	B	4:15	4:30 PM
100m Hurdles	HS	G	4:30	4:45 PM
800m	Elem, Mid	B	4:45	5:00 PM
800m	Elem, Mid	G	4:50	5:05 PM
800m Heat 1	HS	B	4:55	5:10 PM
800m Heat 2	HS	B	5:00	5:15 PM
800m Heat 1	HS	G	5:05	5:20 PM
100m	Elem, Mid	B	5:10	5:25 PM
100m	Elem	G	5:15	5:30 PM
100m	Mid	G	5:20	5:35 PM
100m Heat 1	HS	B	5:25	5:40 PM
100m Heat 2	HS	B	5:30	5:45 PM
100m Heat 3	HS	B	5:35	5:50 PM
100m Heat 1	HS	G	5:40	5:55 PM
100m Heat 2	HS	G	5:45	6:00 PM
400m	Elem	B	5:50	6:05 PM
400m	Mid	B	5:55	6:10 PM
400m	Elem, Mid	G	6:00	6:15 PM
400m Heat 1	HS	B	6:05	6:20 PM
400m Heat 2	HS	B	6:10	6:25 PM
400m Heat 1	HS	G	6:15	6:30 PM

EVENT	CLASS	GENDER	SCRATCH TIME	START
400m Heat 2	HS	G	6:20	6:35 PM
300m Hurdles	HS	B	6:30	6:45 PM
300m Hurdles	HS	G	6:35	6:50 PM
1600m	Frosh, Elem, Middle	B	6:45	7:00 PM
1600m	Frosh, Elem, Middle	G	6:55	7:10 PM
1600m	HS - Heat 1	B	7:05	7:20 PM
1600m	HS - Heat 2	B	7:15	7:30 PM
1600m	HS	G	7:25	7:40 PM
200m Heat 1	Elem./ Mid	B	7:30	7:45 PM
200m Heat 2	Elem/ Mid	B	7:35	7:50 PM
200m	Elem	G	7:40	7:55 PM
200m	Mid	G	7:45	8:00 PM
200m Heat 1	HS	B	7:50	8:05 PM
200m Heat 2	HS	B	7:55	8:10 PM
200m Heat 3	HS	B	8:00	8:15 PM
200m Heat 1	HS	G	8:05	8:20 PM
200m Heat 2	HS	G	8:10	8:25 PM
200m Heat 3	HS	G	8:15	8:30 PM

EVENT	CLASS	GENDER	SCRATCH TIME	START
FIELD SCHEDULE				
Hammer at Sac State	HS	G	8:45	9:00 AM
Hammer at Sac State	HS	B	10:45	11:00 AM
Long Jump	HS, Mid, Elem.	B	3:15	3:30 PM
Pole Vault	HS	G	3:45	4:00 PM
Triple Jump	HS	G	3:45	4:00 PM
Discus	HS	B	3:45	4:00 PM
Shot	HS	G	3:45	4:00 PM
High Jump	HS	G	4:45	5:00 PM
Shot	HS	B	5:45	6:00 PM
Pole Vault	HS	B	6:15	6:30 PM
Long Jump	HS Mid, Elem.	G	6:15	6:30 PM
Triple Jump	HS	B	6:15	6:30 PM
Discus	HS	G	6:15	6:30 PM
High Jump	HS	B	6:45	7:00 PM