

## Golden West Invitational 2020

### Open/Masters Order of Events

----- **Special Event Included with Registration** -----

Saturday • 6/27 • 9 am • Throws Clinic • Oak Ridge HS

Featuring Golden State Throwers Head Coach Mike Curry (Shot Put), Olympians Stephanie Trafton (Discus), Dave Popejoy (Hammer), Karen Smith (Javelin)

A BBQ Lunch (burgers and dogs) will be provided for those attending the throws clinic.

----- **6/25 & 6/26 Open/Masters Events** -----

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>Event</u>	<u>Division</u>	<u>Gender</u>
Thursday	6/25	5pm	<a href="#">GS Throwers' Field</a>	Hammer	Open/Masters	M/W
Friday	6/26	9 am	Oak Ridge HS	Shot Put	Open/Masters	M/W
	6/26	9 am	Oak Ridge HS	Discus	Open/Masters	W/M
	6/26	7 pm	Oak Ridge HS	5,000 Meters	Open/Masters	M/W

----- **Saturday, June 27 Additional Open/Masters Running Events at Oak Ridge High School** -----

9 am	110/100 hurdles	Open/Masters	M/W
	1600 Meters	Open Masters	W with M to follow
	400 Meters	Open/Master	W with M to follow
	100 Meters	Open/Masters	W with M to follow
	800 Meters	Open/Masters	W with M to follow
	200 Meters	Open/Masters	W with M to follow

----- **Saturday, June 27 Open/Masters Field Events at Oak Ridge High School** -----

9 am	Long Jump	Open/Masters	M
9 am	Long Jump	Open/Masters	W
9 am	High Jump	Open Masters	W with M to follow
9 am	Pole Vault	Open/Masters	W with M to follow