

GOLDEN WEST EVENING PORTION TRACK AND FIELD EVENT SCHEDULE 2024

FINAL CALL IS 30 MINUTES PRIOR TO EVENT

SCRATCH TIME IS 25 MIN PRIOR TO EVENT

ALL ATHLETES NEED TO REPORT BACK TO CLERKING FOR HIPPIING AND LANE ASSIGNMENTS

TRACK SCHEDULE

EVENT	CLASS	GENDER	SCRATCH	START
110m Hurdles	O/M	M	2:00 PM	2:30 PM
110m Hurdles	HS	B		2:33
100m Hurdles	O/HS	G/W		2:42
800m	O/M	M		2:50
800m	O/M	W		2:54
800m	HS	B		2:58
800m	HS	G		3:12
2000m Steeple	BHS	36" Barriers		3:25
2000m Steeple	GHS/Masters M/OPEN W	30" Barriers		3:37
100m	O/M	M		3:50
100m	O/M	W		4:05
100m	HS	B		4:10
100m	HS	G		4:25
400m	O/M	M		4:38
400m	O/M	W		4:48
400m	HS	B		4:51
400m	HS	G		5:06
300m Hurdles	HS	B		5:22
300m Hurdles	HS	G		5:28
400m Hurdles	O/M	M		5:38
400m Hurdles	O/M	W		5:42
1500m	O/M	M		5:45
1500m	O/M	W		5:54
1500m	7/8 and 9/10	BY		6:04
1500m	7/8 and 9/10	GY		6:14
1500m	11/12	BY		6:24
1500m	11/12	GY		6:32
1500m	13/14	BY		6:40
1500m	13/14	GY		6:48
Mile	HS	B		6:58
Mile	HS	G		7:17
Elite Mile	Open	Men/HS Boys		7:27
200m	O/M	M		7:37
200m	O/M	W		7:52
200m	HS	B		7:58
200m	HS	G		8:16

SATURDAY AFTERNOON FIELD SCHEDULE 2024

EVENT	CLASS	GENDER	SCRATCH	START
Javelin	HS	B/G	12:15 pm	12:30 pm
Javelin	Open/Masters	M/W		To follow HS
Pole Vault Mid Day East Pit (see website for flight information)	HS/Open/Masters	M/W/B/G	12:45 pm	1:00 pm
Pole Vault Evening East Pit (see website for flight information)	HS/Open/Masters	B/M	4:45 pm	5:00 pm
Discus	HS	B	2:15 pm Girls To Follow	2:30 pm
Shot	HS	G	2:15 pm Boys To Follow	2:30 pm
Long Jump	HS/Open/Masters	Men/Boys Women/Girls	12:45	1:00 pm Open Pit To follow Men/Boys
Triple Jump	HS/Open/Masters	Men/Boys Women/Girls	4:45	5:00 pm Open Pit To follow Men/Boys