

**GOLDEN WEST MORNING PORTION TRACK AND FIELD EVENT SCHEDULE
TRACK ORDER OF EVENTS 2024**

#	Event	Gender	CLASS	AG	Start Time
#1	5,000RW	M/W	Open/Masters		7:30AM
#2	3200m	B	HS/Youth		8:30 AM
#3	3200m	G	HS/Youth		8:50 AM
#4	5,000m	M/W	HS/Open/Masters		9:10 AM

****PLEASE NOTE****

THERE WILL BE ONLY ONE
COMBINED HEAT EACH OF
THE 5K RUN and 5K WALK.

****Please note START TIMES ARE AN APPROXIMATION****
EVENT #5 WILL BEGIN AT 10:00
Start times for ALL OTHER running events **WILL BE A ROLLING START**

#	EVENT	GENDER	CLASS	AGE	#	EVENT	GENDER	CLASS	AGE
#5	400M	Girls	YOUTH	7/8	#8	80 H	B/G	YOUTH	11/12
		Boys		7/8	#9	100 H	B/G	YOUTH	13/14
		Girls		9/10	#10	200M	Girls	YOUTH	7/8
		Boys		9/10			Boys		7/8
		Girls		11/12			Girls		9/10
		Boys		11/12			Boys		9/10
		Girls		13/14			Girls		11/12
		Boys		13/14			Boys		11/12
#6	800M	Girls	YOUTH	7/8**			Girls		13/14
		Boys		7/8			Boys		13/14
		Girls		9/10			Girls		
		Boys		9/10			Boys		
		Girls		11/12					
		Boys		11/12					
		Girls		13/14					
		Boys		13/14					
#7	100M	Girls	YOUTH	7/8**					
		Boys		7/8					
		Girls		9/10					
		Boys		9/10					
		Girls		11/12					
		Boys		11/12					
		Girls		13/14					
		Boys		13/14					

**** indicates combined heat**

**GOLDEN WEST MORNING PORTION TRACK AND FIELD EVENT SCHEDULE 2024
FIELD ORDER OF EVENTS**

# Event	GENDER	CLASS	AGE	Start
#15 Hammer	M/W	Open/Masters		8:30 AM
#16 Javelin	B/G	YOUTH	7/8 9/10 11/12 13/14	8:30 AM – AGE GROUPS TO FOLLOW
#17 Long Jump	B/G	Youth	2 Pits/Open Format	9am to Noon
				Pit 1 – 9:00 am <u>Group 1</u> 7/8 B/G Pit 1 - 9:00 am <u>Group 2</u> 9/10 B/G Pit 2 – 9:00 am <u>Group 3</u> 11/12 B/G Pit 2 - 9:00 am <u>Group 4</u> 13/14 B/G
#18 High Jump		All: B/G Youth 13/14; B/G High School; M/W Open/Masters		Start time 12:00 Noon
#19 Shot Put	Men	Open/Masters		10:00AM
				Women To Follow
#20 Discus	Women	Open/Masters		10:00 AM
				Men to Follow
#21 Pole Vault	M/W/B/G	Youth/HS/Open/Masters		8:30 AM
				East Pit (see website for flight Information)
#22 Pole Vault (M)	M/W/B/G	Youth/HS/Open/Masters		8:30 AM
				West Pit (see website for flight information)