

GOLDEN WEST TRACK SCHEDULE 2025

Friday June 6th HS/Open & Masters Running events

Please note

Start times for the running events will be a rolling start from the first event.

EVENT	CLASS	GENDER	START
3200 m Run	HS	Combined (B/G)	7:45 PM
5,000 m run	HS	Combined (B/G)	
5,000m run	Open/Masters	Combined (M/W)	

Saturday June 7th HS/Open Masters & Youth Track Events

Please note

Start times for the running events will be a rolling start from the first event.

EVENT	CLASS	GENDER	START
All Short Hurdles	O/M	M USATF Age Appropriate	2:30 PM
110m Hurdles	HS	B 39" Hurdles	
100m Hurdles	HS	G 33" Hurdles	
800m	O/M	M	
800m	O/M	W	
800m	Youth 7/8, 9/10	B	
800m	Youth 11/12	B	
800m	Youth 13/14	B	
800m	Youth 7/8, 9/10	G	
800m	Youth 11/12	G	
800m	Youth 13/14	G	
800m	HS	B	
800m	HS	G	
2000m Steeple	HS/O/M	B/M 36" Barriers	
2000m Steeple	HS/O/M	M/G/W 30" Barriers	
100m	O/M	M	
100m	O/M	W	
100m	HS	B	
100m	HS	G	
400m	O/M	M	
400m	O/M	W	
400m	HS	B	
400m	HS	G	
300m Hurdles	HS	B 36" Hurdles	
300m Hurdles	HS	G 30" Hurdles	
300m Hurdles	O/M	W 30" Hurdles	
300m Hurdles	O/M	M 27" Hurdles	
400m Hurdles	O/M	M 36" Hurdles	
400m Hurdles	O/M	W 30" Hurdles	
1500m	O/M	M	
1500m	O/M	W	
1500m	7/8 and 9/10	BY	
1500m	11/12	BY	
1500m	13/14	BY	

****ALL ATHLETES
COMPETING IN THE 100M
MUST BE CHECKED IN BY
THE START OF THE 800M****

****ALL ATHLETES
COMPETING IN THE 400M
MUST BE CHECKED IN BY
THE START OF THE 100M****

1500m	7/8 and 9/10	GY
1500m	11/12	GY
1500m	13/14	GY
Mile	HS	B
Mile	HS	G
200m	O/M	M
200m	O/M	W
200m	HS	B
200m	HS	G

****ALL ATHLETES
COMPETING IN THE 200M
MUST BE CHECKED IN BY
THE START OF THE HS
MILE****

Sunday June 8th Open/Masters & Youth Track Events

****Please note****

Start times for the running events will be a rolling start from the first event.

EVENT	CLASS	GENDER	START
5,000m Racewalk	O/M	M/W Combined	8:00 am

EVENT	CLASS	GENDER	START
400m	7/8	B	9:00am
400m	9/10	B	
400m	11/12	B	
400m	13/14	B	
400m	7/8	G	
400m	9/10	G	
400m	11/12	G	
400m	13/14	G	
100m	7/8	B	
100m	9/10	B	
100m	11/12	B	
100m	13/14	B	
100m	7/8	G	
100m	9/10	G	
100m	11/12	G	
100m	13/14	G	
80m Hurdles	11/12	B/G 30" Hurdles	
100m Hurdles	13/14	G 30" Hurdles	
100m Hurdles	13/14	B 33" Hurdles	
200m	7/8	B	
200m	9/10	B	
200m	11/12	B	
200m	13/14	B	
200m	7/8	G	
200m	9/10	G	
200m	11/12	G	
200m	13/14	G	