

GOLDEN WEST TRACK SCHEDULE 2026

Friday June 5th HS/Open & Masters Running/Field events

****Please note****

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

<u>EVENT</u>	<u>CLASS</u>	<u>GENDER</u>	<u>START</u>
3200 m Run	HSY 13/14	Combined (<i>BIG</i>)	7:45 PM
5,000 m run	HS	Combined (<i>BIG</i>)	
5,000m run	Open/Masters	Combined (M/W)	

Hammer Throw	High School	Girls followed by Boys	3:30 PM
Weights/ Measures begins at 2:30			

Saturday June 6th HS/Open Masters & Youth Track Events

***Please note**

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

<u>EVENT</u>	<u>CLASS</u>	<u>GENDER</u>	<u>START</u>
All Short Hurdles	O/M	W/M	USATF Age Appropriate
110m Hurdles	HS	B	39" Hurdles
100m Hurdles	HS	G	33" Hurdles
800m	O/M	W	
800m	O/M	M	
800m	HS	G	
800m	HS	B	
2000m Steeple	HS/O/M	M/G/W	30" Barriers
2000m Steeple	HS/O/M	M/B	36" Barriers
100m	O/M	W	
100m	O/M	M	
100m	HS	G	
100m	HS	B	
400m	O/M	W	
400m	O/M	M	
400m	HS	G	
400m	HS	B	
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	W	
1500m	O/M	M	
1500m	7/8 and 9/10	GY	
1500m	7/8 and 9/10	BY	
1500m	11/12	GY	
1500m	11/12	BY	
1500m	13/14	GY	
1500m	13/14	BY	
Mile	HS	G	
Mile	HS	B	
200m	O/M	W	
200m	O/M	M	
200m	HS	G	
200m	HS	B	

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

Saturday June 6th High School Field Events

HS Weights and Measures Opens at 10:00 am
Location: Top of the facility by the Hammer Cage

<u>Event</u>	<u>Order</u>	<u>Start time</u>
High School Javelin	Boys followed by Girls	11:00am
High School Shot Put	Boys followed by Girls	TBA
High School Discus	Girls Followed by Boys	TBA
High School Long Jump	Boys followed by Girls	TBA
High School Triple Jump	Girls followed by Boys	TBA
High School High Jump	Boys - Pit #1	TBA
	Girls - Pit #2	TBA
HS/Youth Pole Vault	Boys- Pit #1	TBA
	Girls - Pit #2	TBA

Saturday June 6th

Open/Masters Field Events

O/M Weights and Measures Opens at 7:00 am
Location: Top of the facility by the Hammer Cage

<u>Event</u>	<u>Order</u>	<u>Start time</u>
O/M Hammer	Men followed by Women	8:00 am
O/M Javelin	To Follow HS Event	TBA
O/M Shot Put	Men followed by Women	TBA
O/M Discus	Women Followed by Men	TBA
O/M Long Jump	Men followed by women	TBA
O/M Triple Jump	Women followed by men	TBA
O/M High Jump	Men-Pit #1 Women - Pit #2	TBA
O/M Pole Vault	Women-Pit #1 Men to follow	TBA

Sunday June 7th 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	7:30 AM

EVENT	CLASS	GENDER	START
400m	7/8	G	9:00 AM
400m	7/8	B	
400m	9/10	G	
400m	9/10	B	
400m	11/12	G	
400m	11/12	B	
400m	13/14	G	
400m	13/14	B	
100m	7/8	G	
100m	7/8	B	
100m	9/10	G	
100m	9/10	B	
100m	11/12	G	
100m	11/12	B	
100m	13/14	G	
100m	13/14	B	
80m Hurdles	11/12	BIG 30" Hurdles	
100m Hurdles	13/14	G 30" Hurdles	
100m Hurdles	13/14	B 33" Hurdles	
800m	Youth 7/8, 9/10	G	
800m	Youth 7/8, 9/10	B	
800m	Youth 11/12	G	
800m	Youth 11/12	B	
800m	Youth 13/14	G	
800m	Youth 13/14	B	
200m	7/8	G	
200m	7/8	B	
200m	9/10	G	
200m	9/10	B	
200m	11/12	G	
200m	11/12	B	
200m	13/14	G	
200m	13/14	B	

Sunday June 7^h Youth Field Events

NO WEIGHTS AND MEASURES FOR YOUTH EVENTS

<u>Event</u>	<u>Order</u>	<u>Start time</u>
Youth Javelin 7/8, 9/10	Boys and Girls Combined	9:00 am
11/12,13/14	Boys and Girls combined to follow	
Youth Shot Put 7/8, 9/10 Pit 1	Boys followed by Girls	TBA
11/12,13/14 Pit 2	Boys followed by Girls	TBA
Youth Discus 11/12,13/14	Girls followed by Boys	TBA
Youth Long Jump Boys- Pit 1	7/8, 9/10, together followed by 11/12, 13/14	TBA
Girls - Pit 2	7/8, 9/10, together, followed by 11/12, 13,14	TBA
Youth High Jump Combined (B/G)	11/12, 13/14	TBA