

# 66th Golden West Invitational Event Schedules - 1 of 5

## HS HAMMER 5K/3200 UNDER THE LIGHTS Friday June 5<sup>th</sup>

Event	Order	Start Time
HS Hammer Weights/Measures		2:30 pm
HS Hammer	Girls followed by boys	3:30 pm
HS/Youth 3200	Combined (B/G)	7:30pm
HS/Open Masters 5k	HS Girls/ Open Women 5k followed by HS Boys/ Open Men 5k	

## Saturday June 6<sup>th</sup> Open/ Masters Field Events - Weights and Measures 6:45am

Event	Order	Start Time
O/M Hammer	(Ring #1) - Men	8 am
O/M Shot Put (W) Pit #1	Women Men to follow	8 am
O/M Shot Put (M) Pit #1		After Men's hammer
O/M Discus – (W) Ring #2 Infield	Women throw Disc after completion of Shot Put Which will be followed by two flights of Men's Disc	After Women's Shot
O/M Hammer – (W) (Ring #1)		After Women's Disc
O/M Discus - Men Ring #1 Men first two flights after women's hammer		After Women's Hammer
O/M Javelin	Women followed by Men	2pm
O/M Long Jump	Men followed by Women	12:00
O/M Triple Jump	Women followed by Men	12:00
O/M High Jump	Women followed by Men Pit #1	12:00
O/M Pole Vault	Women – Pit#1 Followed by Men	9:00 am

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Saturday June 6

## High School, U20 & Open/Masters Track Schedule

### PLEASE NOTE:

ATHLETES IN THE 100/200/400 RACES YOU ARE REQUIRED TO CHECK IN AT CLERKING TO DECLARE YOUR INTENT TO RUN PRIOR TO BEING GIVEN A HEAT/LANE ASSIGNMENT BY THE FOLLOWING TIMES:

\* All 100's check in by 1:30 or you will be scratched.

\* All 400's check in by 2:40 or you will be scratched.

\* All 200's check in by 6:30 or you will be scratched.

### Time Event

12:20 PM #7 Men 110 Meter Hurdles Open/ Masters Finals

12:20 PM #157 Women 100 Meter Hurdles Open/ Masters Finals

12:30 PM #8 Boys 110 Meter Hurdles High School Finals

12:45 PM #9 Girls 100 Meter Hurdles High School Finals

12:55 PM #11 Women 800 Meter Run Open/ Masters Finals

1:00 PM #10 Men 800 Meter Run Open/ Masters Finals

1:10 PM #21 Girls 800 Meter Run High School Finals

1:20 PM #20 Boys 800 Meter Run High School Finals

1:40 PM #22 Boys 2000 Meter Steeplechase High School Finals

1:40 PM #23 Men 2000 Meter Steeplechase Open/ Masters Finals

1:40 PM #161 Boys 2000 Meter Steeplechase 13-14 Finals

2:00 PM #24 Girls 2000 Meter Steeplechase High School Finals

2:00 PM #25 Women 2000 Meter Steeplechase Open/ Masters

2:00 PM #160 Girls 2000 Meter Steeplechase 13-14 Finals

2:10 PM #162 Men 100 Meter Dash **Under 20** Finals

2:14 PM #27 Women 100 Meter Dash Open/ Masters Finals

2:20 PM #26 Men 100 Meter Dash Open/ Masters Finals

2:38 PM #29 Girls 100 Meter Dash High School Finals

2:50 PM #28 Boys 100 Meter Dash High School Finals

### Time Event

3:32 PM #31 Women 400 Meter Dash Open/ Masters Finals

3:38 PM #30 Men 400 Meter Dash Open/ Masters Finals

3:54 PM #33 Girls 400 Meter Dash High School Finals

4:10 PM #32 Boys 400 Meter Dash High School Finals

4:35 PM #34 Boys 300 Meter Hurdles High School Finals

4:45 PM #35 Girls 300 Meter Hurdles High School Finals

4:55 PM #168 Boys 400 Meter Hurdles High School Finals

5:00 PM #38 Men 400 Meter Hurdles Open/ Masters Finals

5:10 PM #41 Women 1500 Meter Run Open/ Masters Finals

5:20 PM #40 Men 1500 Meter Run Open/ Masters Finals

5:40 PM #47 Girls 1500 Meter Run 9-10 Finals

5:40 PM #46 Girls 1500 Meter Run 7-8 Finals

5:50 PM #43 Boys 1500 Meter Run 9-10 Finals

5:50 PM #42 Boys 1500 Meter Run 7-8 Finals

6:00 PM #48 Girls 1500 Meter Run 11-12 Finals

6:10 PM #44 Boys 1500 Meter Run 11-12 Finals

6:20 PM #49 Girls 1500 Meter Run 13-14 Finals

6:30 PM #45 Boys 1500 Meter Run 13-14 Finals

6:40 PM #51 Girls 1 Mile Run High School Finals

6:50 PM #50 Boys 1 Mile Run High School Finals

7:20 PM #163 Men 200 Meter Dash under 20 Finals

7:23 PM #53 Women 200 Meter Dash Open/ Masters Finals

7:29 PM #52 Men 200 Meter Dash Open/ Masters Finals

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## HIGH SCHOOL FIELD EVENTS Saturday June 6<sup>th</sup> HS Open/Masters Field Events

Weights and Measures for HS athletes starts at 10:00 am

<b>Event</b>	<b>Order</b>	<b>Start Time</b>
High School Javelin	Boys Followed by Girls	11:00 am
High School Shot Put Pit #1	Boys Followed by Girls	2:00 pm
High School Discus Ring #1	Girls followed by Boys	2:00 pm
High School Long Jump Pit #1	Boys followed by Girls	3:30 pm
High School Triple Jump Pit #2	Girls followed by Boys	3:30 pm
High School High Jump Pit #1	Girls followed by Boys	3:30 pm
HS/Youth Pole Vault Pit #1	Girls Followed by Boys	2:00 pm

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## GWI 2026 Sunday June 7th Youth Track Events

**\*\*Please note\*\***

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

EVENT	CLASS	GENDER	START
400m	7/8	G	9:00AM
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	

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**YOUTH FIELD EVENTS  
U20 HAMMER  
RACEWALK  
Sunday June 7<sup>th</sup>**

Weights and Measures 6k Hammer Kathy de Contreras and Phil Leake 7:00 am  
\*\* No W/M for youth events\*\*

<b>Event</b>	<b>Order</b>	<b>Start Time</b>
U20 Hammer(Ring #1)	Men Only	8:30 am
5,000m Racewalk	M/W Combined	7:30 am
Youth Javelin	Group 1 and 2 (B/G) combined Group 3 and 4 (B/G) combined	9:00 am
Youth Shot Put (Pit #1) Group 3 and 4 combined	Boys followed by Girls	10:00 am
Youth Discus Group 3 and 4 combined	Girls followed by Boys	10:00 am
Youth Long Jump Boys Pit 1	Groups 1 and 2 combined Followed by Groups 3 and 4 combined	9:30 am
Youth Long Jump Girls Pit 2	Groups 1 and 2 combined Followed by Groups 3 and 4 combined	9:30 am
Youth High Jump	Groups 3 and 4 B/G combined	10:00 am