

**2011 Pacific Association USATF Masters
Track & Field Championships (30& Over) Schedule**
Saturday • June 11, 2011 • Folsom High School • Folsom, California
NO RACE DAY REGISTRATION – MEET ENTRY DEADLINE IS JUNE 5.

MEET SCHEDULE SUBJECT TO CHANGE CHECK PERIODICALLY FOR UPDATES.

Updated 6/6/2011

STAY for the 52nd Annual Golden West Invitational and watch the top Prep Track and Field Athletes in the U.S. compete!

Start	Event #	Field Events (Start @ 9:00am)	Round
9:00 AM	1	Discus (Men followed by Women)	Final
		Weight Throw to follow discus if there is time.	Final
10:00 AM	2	Long Jump (Men & Women)	Final
10:00 AM	3	Shot Put Women	Final
11:00 PM	4	Pole Vault (Women & Men)	Final
12:00 PM	5	Shot Put Men	Final
12:00 PM	6	Hammer (Men followed by Women)	Final
1:00 PM	7	High Jump (Women & Men)	Final
1:00 PM	8	Triple Jump (Men & Women)	Final
2:00 PM	9	Javelin (Women & Men)	Final

- All Throwing Implements weights must be by age specifications
- Pole Vault and High Jump choose your starting height

**All events may start up to 10 minutes EARLY!
Please listen for announcement of your event**

Start	Event #	Running Event (Start @ 11:00am)	Round
8:00 AM	28	10,000 Meter Run (Men & Women)	Final
10:00 AM	28	5000 Meter Run (Men & Women)	Final
11:00 AM	12	1500/3000 Meter Race Walk (Women & Men)	Final
1:00 PM	13	80 Meter Hurdles Women/Men	Final
1:00 PM	14	100 Meter Hurdles Women/Men	Final
1:00 PM	15	110 Meter Hurdles Men	Final
1:30 PM	16	100 Meter Women	Final
1:30 PM	17	100 Meter Men	Final
1:45 PM	18	1500 Meter Dash Women	Final
1:45 PM	19	1500 Meter Dash Men	Final
2:00 PM	29	4x100 Meter Relay Exhibition (Open – All)	Final
2:10 PM	20	400 Meter Run Women	Final
2:10 PM	21	400 Meter Run Men	Final
2:15 PM	22	300/400 Meter Hurdles Women	Final
2:15 PM	23	300/400 Meter Hurdles Men	Final
2:30 PM	24	800 Meter Dash Women	Final
2:30 PM	25	800 Meter Dash Men	Final
2:45 PM	26	200 Meter Dash Women	Final
2:45 PM	27	200 Meter Dash Men	Final
3:25 PM	30	4x400 Meter Relay Exhibition (Open – All)	Final

- Race Walk 1500m/3000m starts are simultaneously
- 80m hurdles at (7h) (12m-7m-19m) markings; 30" heights adjustable
- 100m hurdles at (10h)age group track markings; heights/dist. adjustable
- 110m hurdles at (10h)age group track markings; heights/dist. adjustable
- 300/400m hurdles at (10h)age group track markings; heights/dist. adjustable