

**2010 ROCKY MOUNTAIN STATE GAMES
TRACK AND FIELD**

EVENT AND TIME SCHEDULE

The day will start at the specified time and run in the order of events, however this is a rolling schedule, once an event is complete, the next event will start. Start times may vary dependent on the rolling schedule. Please arrive AT LEAST 1 hour prior to scheduled start time and check in at the main tent located just inside the gate to the track.

SATURDAY, July 31, 2010

YOUTH FINALS

ALL EVENTS ARE YOUTH (18 AND UNDER) UNLESS STATED OTHERWISE ***

TRACK EVENTS: Youngest to oldest, Females followed by males

8:00 am	Medley relay	(Girls Only)
8:15 am	4 x 800 m relay	
8:35 am	3000 m. run	(11-14 only)
9:00 am	50 m. dash	(8 and under only)
9:15 am	80 m. hurdles	(11-12 only)
9:30 am	100 m. hurdles	(13-18 Female, 13-14 Male)
9:55 am	110 m. hurdles	(15-18 Male)
10:05 am	100 m. dash	
11:15 am	4 x 200 m relay	
11:35 am	Lunch	
12:30 pm	400 m. dash	
1:15 pm	1500 m. run	
2:00 pm	4 x 100 m relay	
2:20 pm	400 m. hurdles	(15-18 only)
2:40 pm	200 m. hurdles	(13-14 only)
3:00 pm	800 m. run	
3:35 pm	200 m. dash	
4:00 pm	4 x 400 m relay	

FIELD EVENTS: Youngest to Oldest

8:30 am	Girls Long Jump	Boys Triple Jump Boys High Jump Boys Shot Put
	Pole Vault —Male and Female	
10:30 am	Girls Shot Put	Boys Discus
12:30 pm	Girls High Jump Girls Discus	Boys Long Jump
2:30 pm	Girls Triple Jump	

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SUNDAY, August 1, 2010

ADULT FINALS

ALL EVENTS ARE ADULTS (19 +) UNLESS STATED OTHERWISE ***

TRACK EVENTS: Youngest to oldest, Females followed by males

8:00 am	***	3000 m. racewalk	(ALL AGES) ***
8:20 am	***	5000 m. run	(15 AND OVER) ***
9:10 am		Medley Relay	(Female Only)
9:25 am		4 x 800 m Relay	
9:45am		50 m. dash	(40 + only)
10:15 am		80 m. hurdles	(40+ Female, 70+ Male)
10:25 am		100 m. hurdles	(19-39 Female, 50-69 Male)
10:45 am		110 m. hurdles	(19-49 Male)
10:55 am		100 m. dash	
12:05 pm		4 x 200 m Relay	
12:25 pm		Lunch	
1:20 pm		400 m. dash	
2:05 pm		1500 m. run	
2:25 pm		4 x 100 M Relay	
2:40 pm		300 m. hurdles	(50+ Female, 60+ Male)
2:55 pm		400 m. hurdles	(19-49 Female, 19-59 Male)
3:25 pm		800 m. run	
4:10 pm		200 m. dash	
4:30 pm		4 x 400 m Relay	
4:40 pm	***	1500 racewalk	(ALL AGES) ***

FIELD EVENTS: Youngest to Oldest

8:30 am	Female Long Jump	Male Triple Jump Male Shot Put Male High Jump
10:30 am	Female Shot Put	Male Discus
12:30 pm	Female High Jump Female Discus	Male Long Jump
2:30 pm	Female Triple Jump	