



**ROCKY MOUNTAIN
STATE GAMES**
2018 ROCKY MOUNTAIN STATE GAMES
TRACK AND FIELD

Saturday, July 21, 2018

Don Breese Stadium, Lewis Palmer High School, 1300 Higby Road, Monument, CO

Youth, Open & Masters Welcome!

EVENT AND TIME SCHEDULE

All events except hammer & weight throw will be held at Don Breese Stadium (1300 Higby Road, Monument, CO) on Saturday, July 21 starting at 8:00 a.m. Hammer and weight throw will be held starting at 9:30 a.m. on Sunday, July 22 at the U.S. Air Force Academy Outdoor Track (2168 Field House Dr., USAF, CO).

Start times for the main meet at Don Breese Stadium are approximate and will follow a rolling schedule. (First event will begin at 8:00 a.m. with all other events to follow.) Please arrive early, AT LEAST 1 hour prior to scheduled start time and check in at the main tent located just inside the gate to the track. All events will be run as a final.

Saturday, July 21, 2018 – Don Breese Stadium, Lewis Palmer High School

TRACK EVENTS:

Youngest to oldest, Females followed by males

8:00 am	1500 Meter Race Walk (Ages 50+)
8:20 am	5000 Meter (15 & over)
	3000 Meter (11 -14 yrs)
9:00 am	80 M/100M/110M Hurdles
9:45 am	50 Meter (8 & under, 40 & older)
10:10 am	100 Meter
11:30 pm	400 Meter
12:15 pm	1500 Meter
1:00 pm	300 Meter Hurdles (14 & older)
	400 Meter Hurdles (15 & older)
1:40 pm	800 Meter
2:10 pm	200 Meter

FIELD EVENTS:

HJ, LJ, TJ, SP, DIS, JAV, PV

8:00 am Start

Long Jump – Pit 1	Open pit 8:00 am – Noon (4 jumps)*
Triple Jump – Pit 2	Open pit 8:00 am – Noon (4 jumps)*
Shot Put	Open throw 8:00 am – Noon (4 throws)*

**Record performances anytime during designated time.*

Javelin	All female Javelin followed by male
Discus	(11-12 female), (11-12 Boys), (Girls 13+, Open, Masters Women), (Boys 13+ Open, Masters Men)
High Jump	(10 & under girls & boys), (11-12 girls & boys), (13+ girls, Open Women) (13+ boys, Open Women) (All Masters)

Female high jump will begin at 8:00AM; Male high jump will begin at 9:00AM

**Starting heights and bar progression will be determined during pre-event briefing

Pole Vault Competition Procedures - Pole Vault will be run in two groups:

- Group 1 (start time 8am): Starting height 1.55m (5'1") to 2.90m (9'6").
- Group 2 (30 minutes following Group 1, approximately 10:00am): Starting height 3.05m (10') and higher.
- Group 3 (30 minutes following Group 2, approximately 12:00 noon): Starting height 4.35m (14') and higher.