

<b>Saturday, August 13, 2022</b>		
<b>Regular Schedule</b>		
<b>Duration</b>	<b>Time</b>	<b>Road Races</b>
45	7:30 AM	Men's/Women's 5K
120	8:15 AM	Break
<b>Duration</b>	<b>Time</b>	<b>Track Events</b>
15	10:15 AM	4x200 Relay
25	10:30 AM	Women's 800 Team
25	10:55 AM	Master's Plus Relay
30	11:20 AM	Break
25	11:50 AM	Executive Relay
25	12:15 PM	Distance Medley Relay
30	12:40 PM	Break
25	1:10 PM	Submasters Sprint Medley
25	1:35 PM	4x400m Relay
	2:00 PM	Finish

<b>Sunday, August 14, 2022</b>		
<b>Regular Schedule</b>		
<b>Duration</b>	<b>Time</b>	<b>Road Races</b>
75	7:30 AM	Men's/Women's 10K
90	8:45 AM	Break
<b>Duration</b>	<b>Time</b>	<b>Track Events</b>
15	10:15 AM	4x100m Relay
25	10:30 AM	Women's Relay
25	10:55 AM	Senior's Relay
30	11:20 AM	Break
25	11:50 AM	Indiv. Men's 200
25	12:15 PM	Indiv. Women's 200
30	12:40 PM	Break
25	1:10 PM	Men's Mile
25	1:35 PM	Three-Lap Sprint
	2:00 PM	Finish

<b>Duration</b>	<b>Time</b>	<b>Field Events</b>
90	10:00 AM	High Jump - Flight 1
90	11:30 AM	High Jump - Flight 2
180	10:00 AM	Discus - Open Circle
	1:00 PM	

<b>Duration</b>	<b>Time</b>	<b>Field Events</b>
180	10:00 AM	Long Jump - Open Pit
	1:00 PM	
180	10:00 AM	Shot Put - Open Circle
	1:00 PM	

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<b>Time</b>	<b>Road Races</b>
7:30 AM	Men's/Women's 5K
<b>Time</b>	<b>Track Events</b>
10:15 AM	4x200 Relay
10:30 AM	Women's 800 Team
10:55 AM	Master's Plus Relay
11:20 AM	Break - Torch Relay
11:50 AM	Executive Relay
12:15 PM	Distance Medley Relay
12:40 PM	Break
1:10 PM	Submasters Sprint Medley
1:35 PM	4x400m Relay
2:00 PM	Finish

<b>Saturday, August 13, 2022</b>	
<b>Weather Contingency Schedule</b>	
<b>Time</b>	<b>Road Races</b>
7:30 AM	Men's/Women's 5K
<b>Time</b>	<b>Track Events</b>
10:15 AM	4x200 Relay
10:30 AM	Women's 800 Team
10:55 AM	Master's Plus Relay
11:20 AM	Break - Torch Relay
11:30 AM	Executive Relay
11:55 AM	Distance Medley Relay
12:10 PM	Submasters Sprint Medley
12:25 PM	4x400m Relay
12:30 PM	Finish

<b>Time</b>	<b>Field Events</b>
10:00 AM	High Jump - Flight 1
11:30 AM	High Jump - Flight 2
10:00 AM	Discus - Open Circle
1:00 PM	

<b>Time</b>	<b>Field Events</b>
10:00 AM	High Jump - Flight 1
11:00 AM	High Jump - Flight 2
10:00 AM	Discus - Open Circle
12:00 PM	

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Regular Schedule	
Time	Road Races
7:30 AM	Men's/Women's 10K
Time	Track Events
10:15 AM	4x100m Relay
10:30 AM	Women's Relay
10:55 AM	Senior's Relay
11:20 AM	Break - Kids Races
11:50 AM	Indiv. Men's 200
12:15 PM	Indiv. Women's 200
12:40 PM	Break
1:10 PM	Men's Mile
1:35 PM	Three-Lap Sprint
2:00 PM	Finish

Sunday, August 14, 2022	
Weather Contingency Schedule	
Time	Road Races
7:30 AM	Men's/Women's 10K
Time	Track Events
10:15 AM	4x100m Relay
10:30 AM	Women's Relay
10:55 AM	Senior's Relay
11:20 AM	Break - Kids Races
11:30 AM	Indiv. Men's 200
11:50 AM	Indiv. Women's 200
12:10 PM	Men's Mile
12:25 PM	Three-Lap Sprint
12:30 PM	Finish

Time	Field Events
10:00 AM	Long Jump - Open Pit
1:00 PM	
10:00 AM	Shot Put - Open Circle
1:00 PM	

Time	Field Events
10:00 AM	Long Jump - Open Pit
12:00 PM	
10:00 AM	Shot Put - Open Circle
12:00 PM	

<b>Saturday, August 13, 2022</b>	
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7:30 AM	Men's/Women's 5K
<b>Time</b>	<b>Track Events</b>
10:15 AM	4x200 Relay
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12:15 PM	Distance Medley Relay
1:10 PM	Submasters Sprint Medley
1:35 PM	4x400m Relay

<b>Sunday, August 14, 2022</b>	
<b>Time</b>	<b>Road Races</b>
7:30 AM	Men's/Women's 10K
<b>Time</b>	<b>Track Events</b>
10:15 AM	4x100m Relay
10:30 AM	Women's Relay
10:55 AM	Senior's Relay
11:50 AM	Individual Men's 200
12:15 PM	Individual Women's 200
1:10 PM	Men's Mile
1:35 PM	Three-Lap Sprint

<b>Time</b>	<b>Field Events</b>
10:00 AM	High Jump - Flight 1
11:30 AM	High Jump - Flight 2
10:00 AM	Discus - Open Circle
1:00 PM	

<b>Time</b>	<b>Field Events</b>
10:00 AM	Long Jump - Open Pit
1:00 PM	
10:00 AM	Shot Put - Open Circle
1:00 PM	

**Location:**

Track: Colorado School of Mines  
 2000 W. 11th Street, Golden, CO 80401  
 For GPS directions to the track: Use 1212 12th Street, Golden.  
 This is the last house on the left of 12th St. before the cul-de-sac entrance to the track.

Parking: Use the North Lot (Lot K) located at the end of 11th Street.  
 Walk up to the track from the parking lot.

5K & 10K: TBD