



# 46<sup>th</sup> Annual adidas Golden West Invitational Meet Schedule

Subject to change - be sure to go to  
[www.GoldenWestInvitational.org](http://www.GoldenWestInvitational.org) for updates.



# Coming Soon to Folsom!



## The Best



## High School

## Track & Field Athletes

### 46<sup>th</sup> Annual



 **GOLDEN WEST  
INVITATIONAL**

**June 12, 2005**

Folsom High School ★ Folsom ★ California

[www.GoldenWestInvitational.org](http://www.GoldenWestInvitational.org)



Organized by the Pacific Association/USATF  
120 Ponderosa Court, Folsom, CA 95630  
916/983-4715 ★ PAUSATF@aol.com

### Sunday, June 12, 2005

#### Day Session

#### Folsom High School

TRACK	FIELD
11:00 Boys & Girls 3200m (as needed)	
12:00 Girls 400m	Girls Discus
12:15 Boys 400m	Boys Shot Put
12:40 Girls 100m Hurdles Heats	Girls Pole Vault
1:05 Boys 100m Hurdles Heats	Boys High Jump
1:25 Girls 800m	Girls Long Jump
1:45 Boys 800m	Boys Triple Jump
2:05 Girls 100m Heats	
2:25 Boys 100m Heats	
2:30	Boys Discus
2:45 Girls MILE	Girls Shot Put
3:05 Boys MILE	Boys Pole Vault
3:30 Girls 300m Hurdles	Girls High Jump
3:50 Boys 300m Hurdles	Boys Long Jump
4:00 Girls 200m Heats	Girls Triple Jump
4:05 Boys 200m Heats	
FINALS	
4:15 Girls 100m	
4:20 Boys 100m	
4:30 Girls 100m Hurdles	Boys Discus
4:40 Boys 110m Hurdles	Girls Shot Put
4:50 Girls 200m	Girls High Jump
4:55 Boys 200m	

### Saturday, June 11, 2005

#### Tentative

#### Location TBA

10:00 Boys Hammer
Girls Javelin
12:00 Girls Hammer
Boys Javelin

### Sunday, June 12, 2005

#### Evening Session

#### Folsom High School

TRACK	FIELD
5:30 Girls Triple Jump	
6:00 Girls 400m	Boys Pole Vault
6:07 Boys 400m	Boys Long Jump
6:14 Girls 100m Hurdles	
6:26 Boys 110m Hurdles	
6:38 Girls 800m	(6:30) Girls Discus
6:45 Boys 800m	Boys Shot Put
7:12 Girls 100m	Boys High Jump
7:19 Boys 100m	
7:25 Girls MILE	
7:30 Boys Triple Jump	
7:35 Boys MILE	Girls Long Jump
7:50 Girls 300m Hurdles	Girls Pole Vault
8:00 Boys 300m Hurdles	
8:15 Boys 3200m	
8:30 Girls 200m	
8:37 Boys 200m	
8:45 Girls 3200m	

## The adidas Golden West Invitational: A Prep Classic

The adidas Golden West Invitational made its debut in 1960. The meet brings together athletes from throughout the country and provides them with the very highest levels of competition.

This year will be the 46<sup>th</sup> Annual adidas Golden West Invitational. Past participants have represented the United States in every Olympic Games since 1964 and have filled more than 150 positions on the American Olympic Track & Field teams. They have won more than 75 medals, 40 of them gold. An additional nine GWI athletes represented their native countries of France, Ireland, Japan, Trinidad/Tobago, Fiji, Jamaica and Cape Verde Islands.

GWI alums include track legends Evelyn Ashford, Bob Beamon, Marion Jones, Marty Liquori, Steve Prefontaine, Jim Ryun, Tommy Smith, and Dwight Stone. Recent Olympic medalists include Stacey Dragila, Allyson Felix, Joanna Hayes, Monique Henderson, Meb Keflezighi, and Jeremy Wariner. NFL football stars Terry Bradshaw, Michael Carter, Russ Francis, Bob Hayes, James Lofton, Art Monk, and Mel Renfro also competed at the Golden West.

### NEW! for 2005

#### ★ NEW! - Expanded Format — A Day Meet and a Night Meet!

This year's adidas Golden West Invitational will feature an expanded format that includes a day and a night meet. This will allow more athletes to participate in the Golden West experience. Athletes can qualify for either portion of the meet by meeting an "A" or a "B" standard, listed on the adjacent page. The "A" standard assures entry into the night meet. The "B" standard assures entry into the meet, but not necessarily into the night portion. All defending Champions from the 2004 GWI meet will be automatically be accepted into the night meet provided they enter by the meet deadline.

#### ★ NEW! - Entry will be online only.

Enter at [www.GoldenWestInvitational.org](http://www.GoldenWestInvitational.org)

All athletes must enter by June 5, 2005.

Visit this web site for additional meet information, history and updates.

#### ★ NEW! - NCAA Track & Field Championships Meet is the same week!



The 2005 NCAA National Division I Track & Field Championships are to be held in Sacramento on June 8-11. Athletes attending the adidas Golden West Invitational will be able to watch all the exciting NCAA action and then show their stuff to the top collegiate coaches in the country!

#### ★ NEW! - Meet Venue

The GWI venue has moved to Folsom High School, conveniently located north east of Sacramento, close to Highway 50. It has a state-of-the-art all-weather 10-lane track with a CalTrax Polyurethane IMS surface. There is seating for 5,000 spectators.

## 46<sup>th</sup> Annual adidas Golden West Invitational Ticket Information

- ★ **FREE ADMISSION** for high school track & field athletes and coaches. *Coaches must submit their athlete rosters to: [pausatf@aol.com](mailto:pausatf@aol.com).*
- ★ **FREE ADMISSION** for youths 13 years old and under.
- ★ **50% off meet day ticket price** if tickets are purchased online at: [www.GoldenWestInvitational.org](http://www.GoldenWestInvitational.org).  
adults: \$5; high school students: \$2.50
- ★ **Meet day ticket prices**  
adults: \$10; high school students: \$5.00

## 46<sup>th</sup> Annual adidas Golden West Invitational Entry Standards

**A Standards** = guaranteed entry into the evening meet. *Note:* GWI defending Champions will automatically be included in the evening meet. **B Standards** = guaranteed entry into the meet; see below for additional information. *All athletes must enter by June 5, 2005.*

- ★ If the evening portion of the meet is not filled by A standard athletes, the top B standard athletes will be used to fill the field. The remainder of B standard athletes will be competing in the afternoon portion of the meet.
- ★ 100m, 200m, 400m, 110H, 100H, marks are based on fully automatic timing (FAT). Marks submitted that are not FAT timed will not be accepted. Also, no wind aided marks will be accepted.
- ★ Hammer and Javelin may be thrown on Saturday, June 11.
- ★ All marks are subject to verification.

	BOYS		GIRLS	
	A	B	A	B
100m	10.45	10.97	11.65	12.21
200m	21.10	22.01	23.80	25.15
400m	46.85	49.19	53.85	57.71
800m	1:51.50	1:57.63	2:09.90	2:17.60
MILE (1600m)	4:10	4:23.4	4:51.0	5:04.6
3200m	9:01.4	9:35.6	10:29.9	11:04.5
110m/100m H	13.82	14.97	13.85	15.37
300mH	36.90	39.16	42.40	46.42
High Jump	7-00	6-06	5-10	5-04
Pole Vault	16-04	14-08	12-06	11-00
Long Jump	24-04	22-02	19-08	17-09
Triple Jump	49-08	44-11	40-06	36-03
Shot Put	63-10	54-00	47-00	40-05
Discus	194-04	155-00	160-00	131-09
Hammer	195-02	175-00	150-00	135-00
Javelin	204-04	188-00	150-00	130-00