

2026 Golden Scrimmage Information

Thursday, April 2, 2026

4:00 PM Golden High School Track

Important Information

- Athletes participating in the scrimmage will be dismissed from school at 3:00
- Please leave school quickly. The meet will start at 4:00
- NO GUM OR SUNFLOWER SEEDS on the turf field.
- Spectators should not be on the field

Track Events: 4:00

100M runners and hurdlers need to warm up ASAP.

This is a rolling schedule

- 100/110m Hurdles
- 800m Run
- 100m Dash
- 400m Dash
- 1600m Run
- 300M Hurdles
- 200m Dash
- 4x400m Relay (boys, girls, and coed m,f,m,f)



Field Events: 4:00

- High Jump
- Shot Put
- Long Jump

Every athlete will have two 2 attempts and a mark for long jump and shot put. If time allows three attempts per athletes. Attempts don't have to be all at once there will not be flights.

Timing/Marks

As we did last year, we will be using our Varsity athletes to **help with events, getting stickers on all athletes at race starts (name and school), and getting times onto the stickers at finish lines.**