

# TRACK & FIELD

Sponsored by



**DATE:** Saturday, July 19 • Sunday, July 20

**SITE:** Lockwood High School • 1932 US Highway 87E  
**Athletes & Spectators Must Bring Own Water, Chairs & Shade.**  
**Concessions Available Onsite.**



**DEADLINES & FEES:** by July 1 • Early Bird Fees & Guaranteed T-Shirt Deadline  
• \$30 (1-4 events • *You may enter total of 5 events if one is a relay*)  
July 2 - July 13 • Late Fees & Registration Closes  
• \$35 (1-4 events • *You may enter total of 5 events if one is a relay*)  
**No onsite entry or adding events day of.**

**COMMISSIONERS:** Bob Hogemark • Greg Mohl

**ADAPTIVE COMMISSIONER:** Echo Jamieson • ktbtjmom@gmail.com • (406)850-5474

**SPECIAL INFO:** USA Track & Field Sanctioned.

- This event will serve as the USATF Open & Masters Association Championships in Race Walking and Track & Field.
- The top adult athletes that are USATF members by July 19, 2025 will be recognized as Montana Association Champions.
- Age groups are 18-30 (open), and in 5-year increments 31-100 (masters).
- To be eligible for USATF awards, must obtain a USATF membership at [www.usatf.org](http://www.usatf.org).

**EVENT RULES:** Only track participants and officials allowed on the track & field.

- If you are not preregistered in an event by entry deadline, you may not enter the day of meet.
- Pyramid spikes up to 1/8 inch are allowed.
- Starting blocks provided and may be used by participants 12 years & older for events up to 400 meters.
- Participants are expected to bring their own throwing implements.
  - Other athletes may use your throwing implement if you use it in competition.
- Event officials reserve right to not allow individuals to compete if they do not have skills to proceed in competition.
- Absolutely no animals allowed at competition.
- Age Group is the participant age as of July 19, 2025.

**T-SHIRT DEADLINE INFO:**

- Register by July 1 and your t-shirt will be available for pick up at your event site during check-in.
- All participants registered after July 1 will pick up t-shirts at Billings Hotel & Convention Center during t-shirt pickup hours.



# BIG SKY STATE GAMES 2-DAY ROLLING SCHEDULE

SATURDAY		SUNDAY						
Ages 12-13, 14-15, & 16-18		Ages 8-9, 10-11, 19+ & Adaptive						
RUNNING EVENTS		RUNNING EVENTS		FIELD EVENTS				
8:00 a.m.	*Pentathlon W/M (Ages 16+)	7:30 a.m.	5000M Run (W/M 19+)	7:00 a.m.	Pole Vault Warm Up			
	1500M Run G/B		5000M Walk (W/M 19+)	8:00 a.m.	Long Jump W (NorthEast pit)			
	100M Hurdles (12-18G, 12-13B) G/B		80M Hurdles (G/B 10-11)		Shot W (South ring)			
	110M Hurdles (Ages 14-18) B		100M Hurdles (W 19+)		Discus M (West ring)			
	55M (Ages 12-15) G/B		110M Hurdles (M 19+)		High Jump M			
	200M G/B		200M (G/B 8-9,10-11, 19+,Adaptive)		Pole Vault W			
	800M G/B		800M (G/B 8-9,10-11, 19+,Adaptive)		Long Jump G 8-9 (NorthWest Pit)			
	200M Hurdles (Ages 12-13) G/B		300M Hurdles (W/M 19+)		Long Jump B 10-11 (SouthEast pit)			
	300M Hurdles (Ages 14-18) G/B		100M (G/B 8-9,10-11, 19+,Adaptive)		Shot Adaptive (North ring)			
	100M G/B		400M (G/B 8-9,10-11, 19+,Adaptive)		Discus B 8-9, 10-11 (stadium)			
	400M G/B		55M (G/B 8-9, 10-11, Adaptive)	9:00 a.m.	Long Jump M (NorthEast pit)			
	4x100M Relay G/B		60M (Ages 40+) W/M		Shot M (South ring)			
	4x400M Relay G/B		4x100M Relay (All Divisons)		Discus W (West ring)			
FIELD EVENTS		1500M Run	Javelin Adaptive Adult					
7:00 a.m.	Pole Vault Warm Up	4x400M Relay	High Jump W					
8:00 a.m.	Long Jump B	* Adaptive - Run divisions first then walk divisions				Long Jump B 8-9 (SouthEast pit)		
	High Jump G					Discus G 8-9, 10-11 (stadium)		
	Shot G					Long Jump G 10-11 (NorthWest pit)		
	Discus B					Pole Vault M		
	Pole Vault B (Ages 8-18)							
9:00 a.m.	Long Jump G			10:00 a.m.	Triple Jump W (NorthEast pit)			
	High Jump B				Long Jump Adaptive (Southwest pit)			
	Shot B				Standing LJ Adaptive (Southwest Pit)			
	Discus G				Javelin M (stadium)			
10:00 a.m.	Pole Vault G (Ages 8-18)				High Jump B 8-9			
	Triple Jump G				Triple Jump B 8-9 (SouthEast pit)			
	Javelin (Ages 16-18) B				Shot Put G 8-9, 10-11 (North ring)			
11:00 a.m.	Triple Jump B				High Jump B 10-11			
	Javelin (Ages 16-18) G				Triple Jump G 10-11 (NorthWest pit)			
*Pentathlon: long jump, javelin, 200m, discus, 1500m						11:00 a.m.	Triple Jump M (NorthEast pit)	
							Javelin W (stadium)	
							Triple Jump G 8-9 (NorthWest pit)	
							High Jump G 8-9	
							Shot B 8-9, 10-11 (North ring)	
							Triple Jump B 10-11 (SouthEast pit)	
							High Jump G 10-11	
							12:30 p.m.	Hammer @ MSU-Billings
							1:00 PM	Weight Throw @ MSU-Billings

TRACK & FIELD EVENTS				THROWING WEIGHTS				
EVENTS	SKILLS	GEDER	AGES	SHOT PUT				
Youth Track	55 Meters	Male	8-9	Girls 8-11	6 lbs	Adaptive Adult (19+)		
	100 Meters	Female	10-11	Girls 12-13	6 lbs	Men	8 lbs	
	200 Meters		12-13	Women 14-49	4 kg	Women	6 lbs	
	400 Meters		14-15	Women 15-74	3 kg			
	800 Meters		Women 75+	2 kg	Adaptive Youth (8-18)			
	1500 Meters		Boys 8-11	6 lbs	Boys	6.6 lbs		
	4X100 Meter Relay (Must be in your age group)		Boys 12-13	4 kg	Girls	4 lbs		
	80 Hurdles (10-11)		Men 14-18	12 lbs				
	100 Hurdles (12-13)		Men 19-49	16 lbs				
	200 Hurdles (12-13)		Men 50-59	6 kg				
	300 Hurdles (14-15)		Men 60-69	5 kg				
	100 Hurdles (F: 14-15)		Men 70-79	4 kg				
	110 Hurdles (M: 14-15)		Men 80+	3 kg				
	4X400 Meter Relay		DISCUS					
Youth Field	High Jump		Male	8-9	Girls 8-15	1 kg		
	Long Jump	Female	10-11	Women 16-74	1 kg			
	Triple Jump		12-13	Women 75+	.75 kg			
	Pole Vault		14-15	Boys 8-13	1 kg			
	Shot Put		Men 14-18	1.6 kg				
	Discus		Men 19-49	2 kg				
Adult Track	60 Meters (Ages 40+)	Male	16-18	Men 50-59	1.5 kg			
	100 Meters	Female	19-29	Men 60+	1 kg			
	200 Meters		30-34	WEIGHT THROW		HAMMER		
	400 Meters		35-39	Women HS-49	20 lbs.	Women 19-49	4 kg	
	800 Meters		40-44	Women 50-59	16 lbs.	Wome 50-74	3 kg	
	1500 Meters		45-49	Women 60-74	12 lbs.	Women 75+	2 kg	
	5000 Meter Run		50-54	Women 75+	4 kg.	Men 19-49	16 lbs	
	5000 Meter Walk		55-59	Men HS	25 lbs	Men 50-59	6 kg	
	300 Hurdles		60-64	Men College-4	35 lbs.	Men 60-69	5kg	
	100 Hurdles (Female)		65-69	Men 50-59	25 lbs.	Men 70-79	4 kg	
	110 Hurdles (Male)		70-74	Men 60-69	20 lbs.	Men 80+	3 kg	
	4X100 Meter Relay		75-79	Men 70-79	16 lbs.			
	4X400 Meter Relay		80-84	Men 80+	12 lbs.			
	Anything Goes Relay		85+	JAVELIN				
Adult Field	Pentathlon		Male	16-18	Women 16-49	600g		
	High Jump	Female	19-29	Women 50-59	500g			
	Long Jump		30-34	Women 60+	400g			
	Triple Jump		35-39	Men 16-49	800g			
	Pole Vault		40-44	Men 50-59	700g			
	Shot Put		45-49	Me 60-69	600g			
	Discus		50-54	Men 70-79	500g			
	Javelin		55-59	Men 80+	400g			
	Hammer Throw (MSU-B)		60-64	HURDLE HEIGHTS				
	Weight Throw (MSU-B)		65-69	Distance	Age	Hurdles	Height	
	Adaptive Track	55 Meters Run	Male	Adult	80M	Boys & Girls 10-11	8	30"
		55 Meters Walk	Female	Youth	100M	Girls 12-13	10	30"
		100 Meters Run		70-74	100M	Boys 12-13	10	33"
		100 Meters Walk		75-79	100M	Girls 14-15	10	33"
200 Meters Run		80-84		100M	Boys 14-15	10	33"	
200 Meters Walk		85+		110M	Women 16+	10	33"	
400 Meters Run		110M		Men 16+	10	39"		
400 Meters Walk		200M		Boys & Girls 12-13	5	30"		
800 Meters Run		300M		Boys & Girls 14-15	8	30"		
800 Meters Walk		300M		Women 16+	8	30"		
4x100 Relay Run		300M		Men 16+	8	36"		
Long Jump		Adaptive Youth ( Ages 8 - 18) Adaptive Adult (Ages 19+)						
Adaptive Field						Standing Long Jump		
		Shot Put						
	Javelin (Adult Only)							