

Meet Schedule

Disclaimer: This schedule is based off USA Track & Fields (USA) schedule, and these are **approximate** times on when the events will start. For running events, Gopher State Games (GSG) athletes will run **right after** the USA Track and Field athletes.

We will be using Remind text to communicate update on upcoming events, any event delays, and more!
Instructions on how to sign up is listed below.

Saturday, June 13 – ALL times for Gopher State Games (GSG) are **approximate**. Time by very depending on the number of USA heats per event (track and field events)

Track Events

8:00am	Gates open to spectators and athletes
8:15am	Warm-ups for athletes
9:00am	USA - 3000m
9:30am	GSG - 1500m
10:30am	USA - 80H/100H/110H
10:45am	GSG - 60m
11:15am	USA - 100m
11:30am	GSG – 100m
12:45pm	USA - 800m
1:00pm	GSG – 800m
2:00pm	USA – 200H/400H
2:15pm	GSG – 400m
3:00pm	USA – 200m
3:15pm	GSG – 200m

Field Events- *Ambulatory athletes only*

Time by very depending on the number of USA athletes per event

9:00am	Discus (USA & GSG)
3:00pm	Long Jump (USA & GSG)
4:00pm	Javelin (USA & GSG)

2026 Gopher State Games

COURAGE KENNY REHABILITATION INSTITUTE™

Lakeville South High School

Sunday, June 14

Time by very depending on the number of USA athletes per event

8:00am	Gates open to spectators and athletes
8:15am	Warm-ups for athletes
9:00am	3000m & 5000m (USA & GSG)
9:30am	Discus (GSG only)- Ambulatory athletes <i>If you can't make Saturday, this is the 2nd option. Please let the meeting director know if you plan to attend Sunday only.</i>
10:30am	field events start (DT, SP, Jav.) - Seated athletes
11:30am	Shot put (USA & GSG)- Ambulatory athletes

