

REGIONAL TRACK MEET ORDER OF EVENTS AND APPROXIMATE STARTING TIMES

(Inclement Weather may impact starting times)

A-2A-3A-4A May 2, 2026
5A-6A May 9, 2026

Saturday

8:30 Coaches Meeting

9:30 Starting time

FIELD EVENTS

9:30	<u>(2A-4A-6A)</u>	Girls, Boys High Jump
9:30	<u>(A-3A-5A)</u>	Boys, Girls Long Jump
9:30	<u>(2A-4A-6A)</u>	Girls, Boys Shot Put
9:30	<u>(A-3A-5A)</u>	Boys, Girls Discus
9:30	<u>(2A-4A-6A)</u>	Boys, Girls Pole Vault
11:00	<u>(A-3A-5A)</u>	Girls, Boys High Jump
11:00	<u>(2A-4A-6A)</u>	Boys, Girls Long Jump
11:00	<u>(A-3A-5A)</u>	Girls, Boys Shot Put
11:00	<u>(2A-4A-6A)</u>	Boys, Girls Discus
11:00	<u>(A-3A-5A)</u>	Boys, Girls Pole Vault

(All-Timed Finals)

9:30 3200 - Girls, Boys
12:00 pm 400 Relay - Girls, Boys
 3200 Relay - Girls, Boys
 100 Hurdles - 33" Girls
 110 Hurdles - 39" Boys
 100 - Girls, Boys
 400 - Girls, Boys

45 Minute Break

800 Relay - Girls, Boys
800 - Girls, Boys
300 Hurdles - Girls, Boys

15 Minute Break

200 - Girls, Boys
1600 - Girls, Boys
1600 Relay - Girls, Boys

*NOTE: The games committee may make adjustments to the time schedule if circumstances are justified.

STATE TRACK MEET ORDER OF EVENTS AND APPROXIMATE STARTING TIMES

(Inclement weather may impact starting times)

FIELD EVENTS: FRIDAY

9:30	(2A-4A-6A)	Girls, Boys High Jump
9:30	(A-3A-5A)	Boys, Girls Long Jump
9:30	(2A-4A-6A)	Girls, Boys Shot Put
9:30	(A-3A-5A)	Boys, Girls Discus
9:30	(2A-4A-6A)	Boys, Girls Pole Vault

FIELD EVENTS: SATURDAY

9:30	(A-3A-5A)	Girls, Boys High Jump
9:30	(2A-4A-6A)	Boys, Girls Long Jump
9:30	(A-3A-5A)	Girls, Boys Shot Put
9:30	(2A-4A-6A)	Boys, Girls Discus
9:30	(A-3A-5A)	Boys, Girls Pole Vault

FRIDAY

8:00 a.m. Implement weigh-in (Weigh-in completed by 9:30)

8:45 a.m. Coaches meeting

9:00 a.m. Track opens for 3200-meter runners only (G & B)

9:45 a.m. 3200 Meter Run - Girls, Boys (Final)

11:00 a.m. Track opens for Girls warmup

(4x100, 100/110 hurdles track 4x800 relay infield)

11:30 a.m. Track opens for Boys warmup

(4x100, 100/110 hurdles track 4x800 relay infield)

Approximate Starting

Times

12:15	UNIFIED 400 Meter Relay (Preliminary) (Site TBA)
12:30	400 Meter Relay - Girls, Boys (Preliminary)
1:10	3200 Meter Relay - Girls, Boys (Final)
2:05	100-Meter-High Hurdles 33" - Girls (Preliminary)
2:15	110-Meter-High Hurdles 39" - Boys (Preliminary)
2:30	100 Meter Dash - Girls, Boys (Preliminary)
2:50	400 Meter Dash - Girls, Boys (Preliminary)
3:30	300 Meter Low Hurdles 30" -Girls (Preliminary)
3:45	300 Meter Low Hurdles 36" - Boys (Preliminary)
4:00	200 Meter Dash - Girls, Boys (Preliminary)
4:20	Academic State Champion Presentation (A, 3A, 5A)
4:40	<u>Track open for Girls 800-meter relay warmup (coaches and athletes)</u>
5:00	<u>Track open for Boys 800-meter relay warmup (coaches and athletes)</u> Girls 800-meter relay heating
5:20	Track closed Boys 800-meter relay heating
5:25	800 Meter Relay - Girls, Boys (Final)

SATURDAY

8:00 a.m. Implement weigh-in (Weigh-in completed by 9:30)

10:30 a.m. Track opens for Girls warmup

11:15 a.m. Track opens for Boys warmup

ALL FINALS

Approximate Starting

Times

12:15	UNIFIED 400 Meter Relay (Site TBA)
12:30	400 Meter Relay - Girls, Boys
12:50	800 Meter Run - Girls, Boys
1:10	100-Meter-High Hurdles - 33" - Girls
1:20	110-Meter-High Hurdles 39 - Boys
1:35	100-Meter Dash - Girls, Boys
1:45	Academic State Champion Presentation (2A, 4A, 6A)
2:05	400 Meter Dash - Girls, Boys
2:25	300 Meter Low Hurdles 30" - Girls
2:40	300 Meter Low Hurdles 36" - Boys
2:55	200 Meter Dash - Girls, Boys
3:10	1600 Meter Run - Girls, Boys
3:50	1600 Meter Relay - Girls, Boys
4:35	Team Awards Presentation