

Friday May 8th, 2026 Track Schedule

Friday May8 th , 2026 - TRACK (4:30pm – 9:00pm)				
Time	Age	Gender	Event	Event Type
4:45pm	U18 Hep	Women	100 h (0.76m)	CE
	U20 Hep	Women	100 h (0.84m)	CE
	Senior Hep	Women	100 h (0.84m)	CE
5:00 pm	U18	Women	100 h (0.76 m)	Timed Final
5:00 pm	U20	Women	100 h (0.84 m)	Timed Final
5:06 pm	U16	Boys	100 h (0.84 m)	Timed Final
5:06 pm	Master	Men	100 h (0.84 m)	Timed Final
5:12 pm	U20	Men	110 h (0.99 m)	Timed Final
5:12 pm	Senior	Men	110 h (1.07 m)	Timed Final
5:20 pm	U16	Girls	80 h (0.76m)	Timed Final
5:20 pm	Master	Women	80 h (0.76m)	Timed Final
SUPPER BREAK 5:30 PM to 6:00 PM				
6:05 pm	U12	Girls	150 m	Timed Final
6:10 pm	U12	Boys	150 m	Timed Final
6:13 pm	U14	Girls	150 m	Timed Final
6:18 pm	U14	Boys	150 m	Timed Final
6:26 pm	U16	Girls	200m	Timed Final
6:31 pm	U16	Boys	200m	Timed Final
6:34 pm	U18	Girls	200m	Timed Final
6:40 pm	U18	Boys	200m	Timed Final
6:46 pm	U20	Women	200m	Timed Final
6:46 pm	Senior	Women	200m	Timed Final
6:50 pm	U20	Men	200m	Timed Final
6:55 pm	Senior	Men	200m	Timed Final
7:04 pm	Master	Women	200m	Timed Final
7:04 pm	Master	Men	200m	Timed Final
7:15 pm	U12	Girls	1000m	Timed Final
7:22 pm	U14	Boys	1200m	Timed Final
7:29 pm	U16	Girls	1200m	Timed Final
7:29 pm	U16	Boys	1200m	Timed Final
7:37 pm	U18	Girls	1500m	Timed Final
7:37 pm	U20	Women	1500m	Timed Final
7:50 pm	U18	Boys	1500m	Timed Final
7:50 pm	U20	Men	1500m	Timed Final
7:50 pm	Senior	Men	1500m	Timed Final
8:00pm	U18/U20/Senior Hep	Women	200m	CE

Saturday May 9th, 2026 Track Schedule

Saturday May 9 th , 2026 - Track (8:00am – 4:00pm)				
Time	Age	Gender	Event	Event Information
8:45 am	U16 Pent	Girls	80 mh (0.76 m)	CE
9:00 am	U12	Girls	60m	Timed Final
9:05 am	U12	Boys	60m	Timed Final
9:09 am	U14	Girls	80m	Heats
9:14 am	U14	Boys	80m	Heats
9:20 am	U16	Girls	100m	Heats
9:26 am	U16	Boys	100m	Heats
9:31 am	U18	Girls	100m	Heats
9:37 am	U18	Boys	100m	Heats
9:42 am	U20	Men	100m	Heats
9:45 am	Senior	Women	100m	Heats
9:48 am	Senior	Men	100m	Heats
9:54 am	Masters	Women	100m	Heats
9:57 am	Masters	Men	100m	Heats
10:00 am	WC	Mixed	100m	Timed Final
10:15 am	U14	Girls	80m	Final
10:18 am	U14	Boys	80m	Final
10:22 am	U16	Girls	100m	Final
10:25 am	U16	Boys	100m	Final
10:30 am	U18	Girls	100m	Final
10:33 am	U18	Boys	100m	Final
10:36 am	U20	Women	100m	Final
10:39 am	U20	Men	100m	Final
10:42 am	Senior	Women	100m	Final
10:45 am	Senior	Men	100m	Final A / B
10:51 am	Master	Women	100m	Final
10:54 am	Master	Men	100m	Final
11:05 am	U12	Girls	600m	Timed Final
11:09 am	U12	Boys	600m	Timed Final
11:14 am	U14	Girls	800m	Timed Final
11:14 am	U14	Boys	800m	Timed Final
11:19 am	U16	Girls	800m	Timed Final
11:19 am	Master	Women	800m	Timed Final
11:25 am	U16	Boys	800m	Timed Final
11:25 am	Master	Men	800m	Timed Final
11:30 am	U18	Boys	800m	Timed Final
11:34 am	U20	Women	800m	Timed Final
11:39 am	U20	Men	800m	Timed Final
11:44 am	Senior	Men	800m	Timed Final
11:50 am	WC	Mixed	200m	Timed Final
Lunch Break 12:00 - 12:45				
1:00 pm	U12	Girls	4 X 100	Timed Final
1:00 pm	U12	Boys	4 X 100	Timed Final
1:06 pm	U14	Girls	4 x 100	Timed Final
1:11 pm	U14	Boys	4 x 100	Timed Final
1:16 pm	U16	Girls	4 x 100	Timed Final
1:16 pm	U18	Girls	4 x 100	Timed Final
1:22 pm	U18	Boys	4 x 100	Timed Final
1:22 pm	Senior	Men	4 x 100	Timed Final
1:30 pm	U16	Girls	300m	Timed Final
1:35 pm	U18	Girls	400m	Timed Final
1:39 pm	U18	Boys	400m	Timed Final
1:43 pm	U20	Women	400m	Timed Final
1:43 pm	Senior	Women	400m	Timed Final
1:47 pm	U20	Men	400m	Timed Final
1:51 pm	Senior	Men	400m	Timed Final
1:55 pm	Master	Women	400m	Timed Final
1:55 pm	Master	Men	400m	Timed Final

2:00 pm	WC	Mixed	400m	Timed Final
2:30 pm	U16	Girls	2000m	Timed Final
2:30 pm	U16	Boys	2000m	Timed Final
2:45 pm	U18	Men	3000m	Timed Final
2:45 pm	U20	Men	3000m	Timed Final
3:00 pm	U16 Pent	Women	800m	CE
3:00 pm	U18/U20/Senior Hep	Women	800m	CE
3:10 pm	U18/U20/Senior	Women/Men	4x400	Timed Final

Friday May 8th, 2026 Field Schedule

Friday May 8 th , 2026 - Field				
Time	Age	Gender	Event	Event Information
5:00 pm	U16	Girls	Long Jump	Pit A
	Master	Women	Long Jump	
5:00 pm	U16	Boys	Long Jump	Pit B
	Master	Men	Long Jump	
6:30 pm	U18	Girls	Long Jump	Pit A
	U20	Women	Long Jump	
	Senior	Women	Long Jump	
6:30 pm	U20	Men	Long Jump	Pit B
	Senior	Men	Long Jump	
7:50 pm	U18	Men	Long Jump	Pit A
Shot Put				
5:00pm	U16	Girls	Shot Put	
	U18	Girls	Shot Put	
	U20	Women	Shot Put	
	Masters	Women	Shot Put	
6:55pm	U18/U20/Senior Hep	Women	Shot Put	CE
7:20 pm	U16	Boys	Shot Put	
	U18	Boys	Shot Put	
	U20	Men	Shot Put	
	Senior	Men	Shot Put	
	Master	Men	Shot Put	
Discus				
5:00pm	U18	Boys	Discus	
	U20	Men	Discus	
	Masters	Men	Discus	
7:15pm	U16	Girls	Discus	
	U18	Girls	Discus	
	U20	Women	Discus	
	Masters	Women	Discus	
Javelin				
8:00pm	WC	Mixed	Seated Javelin	
High Jump				
5:45 pm	U18/U20/Senior Hep	Women	High Jump	CE
6:30 pm	U16	Girls	High Jump	
	U18	Girls	High Jump	
	Masters	Women	High Jump	
Pole Vault				
6:00 pm	U16	Boys	Pole Vault	
	Senior	Men	Pole Vault	
	Masters	Men	Pole Vault	

Saturday May 9th, 2026 Field Schedule

Saturday May 9 th , 2026 - Field				
Time	Age	Gender	Event	Event Information
9:20 am	U12	Girls	Long Jump	Pit A (3) Floating
9:20 am	U12	Boys	Long Jump	Pit B (3) Floating
10:20 am	U14	Girls	Long Jump	Pit A
10:20 am	U14	Boys	Long Jump	Pit B
11:30 AM	U18/U20/Senior Hep	Women	Long Jump	CE
Lunch Break 1200 - 100 PM				
1:15PM	U16 Pent	Girls	Long Jump	CE Pit B
1:00 PM	U16	Women	Triple Jump	Pit A
2:15 PM	U18	Women	Triple Jump	Pit A
	U20	Women	Triple Jump	
	Senior	Women	Triple Jump	
	Master	Women	Triple Jump	
2:15 PM	U16	Boys	Triple Jump	Pit B
	U18	Boys	Triple Jump	
	U20	Men	Triple Jump	
	Senior	Men	Triple Jump	
	Masters	Men	Triple Jump	
9:00 AM	U14	Girls	Shot Put	
	U14	Boys	Shot Put	
10:15 am	U12	Girls	Shot Put	3 Throws
	U12	Boys	Shot Put	3 Throws
11:15 AM	U16 Pent	Girls	Shot Put	CE
11:30 AM	WC	Mixed	Seated Shot Put	
2:00 PM	WC	Mixed	Seated Discus	
1:15 pm	U16	Women	Hammer Throw	
	U18	Women	Hammer Throw	
	U20	Women	Hammer Throw	
	Masters	Women	Hammer Throw	
2:45 pm	U18	Men	Hammer Throw	
	U20	Men	Hammer Throw	
	Masters	Men	Hammer Throw	
9:15 am	U16	Girls	Javelin	
	U18	Girls	Javelin	
	U20	Women	Javelin	
	Masters	Women	Javelin	
10:30 am	U18	Boys	Javelin	
	U20	Men	Javelin	
	Master	Men	Javelin	
2:20pm	U18/U20/Senior Hep	Women	Javelin	CE
9:30am	U16 Pent	Girls	High Jump	
10:00 am	U18	Men	High Jump	
	U20	Men	High Jump	
	Senior	Men	High Jump	
11:30 am	U14	Boys	High Jump	
Lunch Break 12:00 to 1:00				
1:00 pm	U14	Women	High Jump	
2:30 pm	U16	Men	High Jump	
	Master	Men	High Jump	

1:30 pm	U16	Girls	Pole Vault	
	U20	Girls	Pole Vault	
	Senior	Women	Pole Vault	
	Masters	Women	Pole Vault	