

Friday January 9th, 2026 - Track - V2 (January 5, 8:00pm)

Time	Age	Gender	Event	Event Type	Entry #'s	Sections	Set Up ~ All Timed Finals Fast > Slow
4:30pm	Senior	Women	300m	Timed Final	25 uni / 8 open	7	33 = 4, 4, ~ 5 (7 heats) 7, 8, 6, 5 ~ 4
4:55pm	Senior	Men	300m	Timed Final	37 uni / 10 open	10	47 = 4, 4, ~ 5 (10 heats) 7, 8, 6, 5 ~ 4
5:25pm	Senior	Women	1000m	Timed Final	31 uni / 7 open	4	38 = 4 TF (10, 10, 10, 8)
5:45pm	Senior	Men	1000m	Timed Final	38 uni / 9 open	5	48 = 5 TF (10, 10, 10, 10, 8)
6:20pm	Senior	Women	60mH	Prelim	16 uni / 6 open	3	22 = 3H (2+2)
6:27pm	Senior	Men	60mH	Prelim	13 / 0 open	2	13 = 2H (3 + 2)
6:34pm	U20	Men	60mH	Timed Final	2	1	1 TF
6:41pm	U18	Men	60mH	Timed Final	8	1	1 TF
6:48pm	U16	Men	60mH	Timed Final	4	1	1 TF
6:55pm	Masters	Mixed	60mH	Timed Final	2 male / 1 female	1	1 TF (female 2, male 6, 8)
7:02pm	U16	Women	60mH	Timed Final	8	1	1 TF
7:09pm	U18	Women	60mH	Timed Final	12	2	2 TF (6/6)
7:15pm	Senior	Women	60mH	Final	8	1	1 Final
7:25pm	Senior	Men	60mH	Final	8	1	1 Final
7:35pm	Senior	Women	3000m	Timed Final	5 uni / 2 open	1	7 = 1 TF
7:50pm	Senior	Men	3000m	Timed Final	9 uni / 7 open	1	16 = 1 TF / Double Waterfall, Top 5 upper
8:05pm	Senior	Women	4x200m	Timed Final	7 / 2 u18	2	9 = 2 TF (4, 5)
8:10pm	Senior	Men	4x200m	Timed Final	8	2	8 = 2 TF (4, 4)
8:15pm	Masters	Mixed	800m	Timed Final	2 male / 1 female	1	1 Final
8:25pm	U16	Women	1000m	Timed Final	9	1	1 TF
8:30pm	U16	Men	1000m	Timed Final	11	1	1 TF
8:35pm	U18	Women	1000m	Timed Final	7	1	1 TF
8:40pm	U18	Men	1000m	Timed Final	9	1	1 TF
8:50pm	U16	Women	300m	Timed Final	10	2	10 = 2 TF (5, 5)
8:57pm	U16	Men	300m	Timed Final	2	1	1 TF
9:01pm	U18	Women	300m	Timed Final	16	4	16 = 4 TF (4, 4, 4, 4)
9:12pm	U18	Men	300m	Timed Final	14	3	14 = 3 TF (4, 5, 5)

Saturday January 10th, 2026 - Track - V2 (January 5, 8:00pm)

Time	Age	Gender	Event	Event Type	Entry #'s	Sections	Set Up ~ All Timed Finals Fast > Slow
9:45am	U12	Boys	60m	Triathlon	10	2	10 = 2 TF (5, 5)
9:55am	U12	Girls	60m	Triathlon	6	1	1 TF
10:05am	U14	Girls	60m	Triathlon	17	3	17 = 3 TF (6, 6, 5)
10:15am	U14	Boys	60m	Triathlon	11	2	2 TF = (5, 6)
10:30am	U12	Girls	600m	Timed Final	2	1	Waterfall
	U12	Boys	600m	Timed Final	5		Waterfall
10:35am	U14	Girls	600m	Timed Final	7	1	Waterfall
10:40am	U14	Boys	600m	Timed Final	4	1	Waterfall
10:55am	Masters	Women	60m	Final	4	1	1 TF
11:00am	Masters	Men	60m	Final	3	1	1 TF
11:05am	U16	Women	60m	Prelim	25	4	25 = 4H (1 + 1)
11:15am	U16	Men	60m	Prelim	12	2	12 = 2H (3+2)
11:20am	U18	Women	60m	Prelim	31	4	31 = 4H (1+1)
11:30am	U18	Men	60m	Prelim	21	3	21 = 3H (2+2)
11:45am	Senior	Women	60m	Prelim	37 uni / 12 open	6	49 = 7H (Top 16 advance by time)
12:05pm	Senior	Men	60m	Prelim	49 uni / 16 open	9	65 = 9H (Top 16 advance by time)

Track Lunch Break

1:10pm	Senior	Women	60m	B + A Final	16	2	9-16/ 1-8 (B Final then A Final)
1:20pm	U18	Women	60m	Final	8	1	1 F
1:25pm	U16	Women	60m	Final	8	1	1 F
1:30pm	Senior	Men	60m	B + A Final	16 (2x8)	2	9-16/ 1-8 (B Final then A Final)
1:35pm	U18	Men	60m	Final	8	1	1 F
1:40pm	U16	Men	60m	Final	8	1	1 F
2:00pm	Senior	Women	600m	Timed Final	23 uni / 6 open	5	29 = 6, 6, 6, 6, 5 (lanes 7, 8, 6, 5, 4, 3)
2:20pm	Senior	Men	600m	Timed Final	29 uni / 11 open	7	40 = 6, 6, 6, 6, 6, 5, 5 (lanes 7, 8, 6, 5, 4, 3)
2:40pm	U18	Women	600m	Timed Final	6	1	Waterfall
2:45pm	U18	Men	600m	Timed Final	7	1	Waterfall
2:50pm	U16	Women	600m	Timed Final	9	1	Waterfall
2:55pm	U16	Men	600m	Timed Final	11	2	Waterfall
3:10pm	Senior	Women	1500m	Timed Final	19 uni / 3 open	2	22 = 2 TF (11/11) / Double Waterfall, Top 4 upper
3:25pm	Senior	Men	1500m	Timed Final	26 uni / 10 open	3	36 = 12, 12, 12 / Double Waterfall, Top 4 upper
3:40pm	U18	Women	1500m	Timed Final	5	1	1 TF
3:50pm	U18	Men	1500m	Timed Final	12	1	1 TF / Double Waterfall, Top 4 upper
4:05pm	Senior	Women	4x400m	Timed Final	5	1	1 TF
4:10pm	Senior	Men	4x400m	Timed Final	4	1	1 TF
4:20pm	Masters	Mixed	Mile	Timed Final	13 male / 4 female	2	17 = 2 TF (split according to seeds)

Friday January 9th, 2026 - Field - V2 (January 5, 8:00pm)					
Time	Entry # / Set Up		Age	Gender	Event
Moved to Saturday	1 u16 / 1 u18	17 total	U18	Women	Pole Vault
10:30am	11 uni / 4 open		Senior	Women	Pole Vault
5:00pm	2 u18/	18 total	U18	Men	Pole Vault
	7 uni / 1 master / 8 open		Senior	Men	Pole Vault
4:00pm	11 uni / 0 open	11 (1 flight)	Senior	Women	Weight Throw
5:20pm	15 uni / 1 open	16 (1 flight)	Senior	Men	Shot Put
6:40pm	7 u16 / 5 u18 / 4 u20	16 (1 flight)	U16, U18, U20	Women	Weight Throw
8:15pm	5 u16 / 2 u18 / 3 u20	10 (1 flight)	U16, U18, U20	Men	Shot Put
4:00pm Flight 1	27 uni / 5 open (32 = 3 flights)	8 Athletes (lowest seeds)	Senior	Women	Long Jump Flight 1 - Min Distance Measure 5.00m
4:45pm Flight 2		12 Athletes	Senior	Women	Long Jump Flight 2 - Min Distance Measure 5.00m
5:50pm Flight 3		12 Athletes (highest seeds)	Senior	Women	Long Jump Flight 3 - Min Distance Measure 5.00m
Final Top 8					
7:00pm Flight 1	20 uni / 5 open (25 = 2 flights)	13 Athletes (lowest seeds)	Senior	Men	Long Jump Flight 1 - Min Distance Measure 6.00m / *except Master*
8:15pm Flight 2		12 Athletes (highest seeds)	Senior	Men	Long Jump Flight 2 - Min Distance Measure 6.00m
Final Top 8					
** Women's U16 Long Jump moved to Saturday @ 12:30pm **					
5:00pm	7 uni / 7 open	14 (1 flight)	Senior	Men	High Jump
7:00pm	4 u16 / 3 u18	7 (1 flight)	U16, U18	Women	High Jump

All Timed Finals on the track will be run FAST > SLOW

Saturday January 10th, 2026 - Field - V2 (January 5, 8:00pm)					
Time			Age	Gender	Event
8:30am	10	Porta-Circle	U12	Boys	Shot Put
8:30am	17	Main Circle	U14	Girls	Shot Put
9:15am	11	Main Circle	U14	Boys	Shot Put
9:15am	6	Porta-Circle	U12	Girls	Shot Put
8:30am	11	Runway	U14	Boys	Long Jump Floating Board
8:30am	6	Mat	U12	Girls	Standing Long Jump
9:00am	17	Runway	U14	Girls	Long Jump Floating Board
9:00am	10	Mat	U12	Boys	Standing Long Jump
10:00am	2w + 2m	Seated (Circle/Platform)	Senior	Women > Men	Seated Shot Put
11:15am	1 u16 / 1 u18 / 2 u20	4 (1 flight) = 6 throws	U16, U18, U20	Men	Weight Throw
12:45pm	12uni / 0 open	12 (1 flight)	Senior	Men	Weight Throw
2:00pm	17 uni / 2 open	19 (1 flight)	Senior	Women	Shot Put
3:45pm	3 u16 / 6 u18 / 6 u20	15 (1 flight) = all 6 throws	U16, U18, U20	Women	Shot Put
10:00am	8 U16	8 (1 flight)	U16	Men	Long Jump
11:15am	10 U18	10 (1 flight)	U18	Men	Long Jump
12:30pm	16 U16	16 (1 flight)	U16	Women	Long Jump
2:00pm	5uni / 2u16 / 1 u18 / 2 open	10 ~ Top 8 only + 3 jumps	Senior	Men	Triple Jump (minimum measure 11.00m)
3:30pm	7 uni / 1 open / 3u18	11 ~ Top 8 only + 3 jumps	Senior	Women	Triple Jump (minimum measure 9.00m)
4:45pm	10 u18	10 (1 flight)	U18	Women	Long Jump
11:30am	14	14 (1 flight)	Senior	Women	High Jump
2:00pm	4 u16 / 5 u18	9 (1 flight)	U16, U18	Men	High Jump
10:30am	1 u16 / 1 u18	17 total	U18	Women	Pole Vault
	11 uni / 4 open		Senior	Women	Pole Vault

Final competition #'s are subject to change based on late entries and scratches.