



TENTATIVE Competition Schedule

2026 Fall Track and Field Finale



We reserve the right to still advance or delay the schedule by +/- 15 minutes if needed.

TRACK EVENTS – Sunday September 20				
Sections will be run Slow to Fast				
Time	Event	Round	Gender	Age Group (# of Heats or Athletes)
9:45	200 m	Timed Final	Women	Open
10:00	200 m	Timed Final	Men	Open
10:25	Sprint Hurdles	Prelims	All categories	
10:50	1000 m	Timed Final	Women	Open
	1000 m	Timed Final	Men	Open
11:20	Sprint Hurdles	Finals	All categories	
11:45	300 m	Timed Final	Women	Open
	300 m	Timed Final	Men	Open
11:55	400 m	Timed Final	Women	Open
12:00	400 m	Timed Final	Men	Open
TRACK BREAK/ LUNCH BREAK (Track only)				
1:00	4x400 m Relay	Timed Final	Mixed	Open
1:10	100 m	Prelims	Mixed	U8-U10
1:15	100 m	Prelims	Women	Open
1:25	100 m		Men	Open
1:40	Intermediate Hurdles	Timed Final	All categories	
2:10	100 m	Finals	Mixed	Open
2:15	100 m	Finals	Women	Open
2:25	100 m	Finals	Men	Open
2:45	600 m	Timed Final	Women	Open
	600 m	Timed Final	Men	Open

Note: All Sprint Hurdles and 100 m competitors will get to run both Prelims and Finals

Other events may be added by request



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	FIELD EVENTS – Sunday, September 20								
Time	Horizontal Jumps	High Jump	Discus/Hammer	Javelin	Shot put (Circle 1)	Shot put (Circle 2 if needed)			
9:00		Warm-ups open	Warm-ups open		Warm-ups open	May also be used for warm-ups			
9:15									
9:30		All High Jump	Boys Hammer	No Javelin due to Cage Throws	Girls Shot put 1				
9:45									
10:00									
10:15									
10:30			Girls Hammer		Boys Shot put 1				
10:45									
11:00									
11:15									
11:30									
11:45									
12:00	Boys Long Jump		No Cage Throws due to Javelin	Boys Javelin	Girls Shot put 2				
12:15									
12:30									
12:45									
1:00	Girls Long Jump					Boys Shot put 2			
1:15									
1:30									
1:45									
2:00									
2:15	Additional Long Jump Flight if Needed					Girls Javelin			
2:30									
2:45									
3:00				Boys Discus	No Javelin due to Cage Throws				
3:15	All Triple Jump								
3:30									
3:45									
4:00									
4:15			Girls Discus						
4:30									
4:45									
5:00									