



# 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						
9:15		Warm-ups open	Warm-ups open		Warm-ups open	May also be used for warm-ups
9:30						
9:45						
10:00						
10:15						
10:30						
10:45						
11:00						
11:15						
11:30						
11:45						
12:00						
12:15						
12:30						
12:45						
1:00						
1:15						
1:30						
1:45						
2:00						
2:15	Additional Long Jump Flight if Needed					
2:30						
2:45						
3:00						
3:15	All Triple Jump					
3:30						
3:45						
4:00						
4:15						
4:30						
4:45						
5:00						