

**2026 RCL District B TENTATIVE Track and Field Schedule****Athletes check in 15 minutes prior to event start time.**

<b>Time</b>	<b>Track Event</b>	<b>Age Group</b>
8:30 AM	2000 m Steeple Chase 33"/30"	U18 B; U18 G
8:50 AM	1500 m Steeple Chase 30"	U16 B; U16 G
<b>9:15 AM OPENING CEREMONIES</b>		
9:30 AM	80m H 30" FINALS	U14 G
9:35 AM	80m H 30" FINALS	U14 B
9:40 AM	80 m H 30" FINALS	U16 G
9:50 AM	100m H 30" FINALS	U18 G
10:00 AM	100m H 33" FINALS	U16 B
10:10 AM	110 m H 36" FINALS	U18 B
10:20 AM	1200 m Timed Sections	U14 G and B
10:30 AM	1200 m Times Sections	U16 G and B
10:40 AM	1500 m Timed Sections	U18 G and B
11:00 AM	80 m Heats	U14 G and B
11:10 AM	100 m Heats	U16 G and B
11:20 AM	100 m Heats	U18 G and B
11:30 AM	100 m FINALS	Para G and B
11:40 AM	300m Timed Sections	U14 G and B
11:50 AM	300 m Timed Sections	U16 G and B
12:10 PM	400 m Timed Sections	U18 G and B
12:20 PM	400 m Timed Sections	Para G and B
12:30 PM	80 m FINALS	U14 G and B
12:40 PM	100m FINALS	U16 G and B
12:50 PM	100m FINALS	U18 G and B
<b>1:00 PM LUNCH BREAK</b>		
1:30 PM	200m H 30 " Timed Sections	U14 G and B
1:40 PM	200 m H 30 " Timed Sections	U16 G and B
1:55 PM	400 m H 30 " Timed Sections	U18 G
2:10 PM	400m H 33" Timed Sections	U18 B
2:15 PM	2000 m FINALS	U14 G and B
2:35 PM	2000 m FINALS	U16 G and B
2:55 PM	3000 m FINALS	U18 G and B
3:25 PM	150 m Timed Sections	U14 G and B
3:35 PM	200 m Timed Sections	U16 G and B
3:50 PM	200 m Timed Sections	U18 G and B
4:10 PM	200 m Timed Sections	Para G and B
4:15 PM	800 m Timed Sections	U14 G and B
4:30 PM	800 m Timed Sections	U16 G and B
4:45 PM	800 m Timed Sections	U18 G and B
5:00 PM	800 m Timed Sections	Para G and B
5:10 PM	1500 m Race Walk	U16 G and B
5:20 PM	3000 m Race Walk	U18 G and B

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<b>TIME</b>	<b>Field Event</b>	<b>Age Group</b>
9:30 AM	Discus	U14 G 750 g; U16 G, U18 G; 1 kg
	Shot Put	U14 B 3 kg; U16 B 4 kg; U18 B 5 kg
	High Jump	U14 G; U16 G; U18 G
	Long Jump	U14 G
	Triple Jump	U 14 B U16 B; U18 B
11:00 AM	Long Jump	U8 B
	Triple Jump	U16 G; U18 G
	Shot Put	U14 G; U16 G; U18 G 3 kg
	Javelin	U14 B 400g; U16 B 600g; U18 B 700g
	Discus	U14 B 750g; U16 B 1 kg; U18 B 1.5 kg
	POLE VAULT	U16 G; U18 G; U16 B; U18 B
<b>12:30 PM LUNCH BREAK</b>		
1:00 PM	Long Jump	U16 G; U18 G
	High Jump	U14 B; U16 B; U18 B
	Javelin	U14 G 400g; U16 G 500g ; U18 G 500g
	Hammer	U16 G 3kg; U16 B 4kg;
	Hammer	U18 G 3kg; U18 B 5 kg
2:30 PM	Javelin	U14 B 400g; U16 B 600g; U18 B 700g
	Long Jump	U14 B; U16 B