

Track Event Schedule – May 2nd, 2026

		8-15 yrs Junior	16-21 yrs Senior	22-29 yrs Master	30+ Females Sr. Master	30+ Males Sr. Master	Staging Notes
9:00 a.m.		Opening Ceremonies					
9:10 a.m.	-	1500 M Run					
9:30 a.m.	-	Low Motor / Wheelchair/ Field Events					
9:30 a.m.	H e a l t h y A t h l e t e s	200 M Run / 200 M Walk					
10:30 a.m.		100M Run 100M Walk		50 Run			
10:50 a.m.			100M Run 100M Walk		50 Run		
11:10 a.m.				100M Run 100M Walk		50 Run	
11:30 a.m.		50 Run			100M Run 100M Walk		
11:50 a.m.			50 Run			100M Run 100M Walk	
12:15 pm		Lunch Break, Volunteer Turnover, Open Field Event Awards					
12:30 pm		400 M Run / 400 M Walk					
1:00 p.m.		800 M Run					
1:45 p.m.		4x100 Relays					
2:00 p.m.							
2:15 p.m.							

Field event awards will take place AT field events, not at the awards table.

Participation in Healthy Athletes is optional, though encouraged.

Track events ALWAYS take precedent over field events.