



2026 Track & Field Schedule



Saturday

TIME	50M Run	100M Run	100M Walk	400M Run	400 Walk	1500M Run	Running Long Jump	Standing Long Jump	Shotput Turbo Javelin Softball Throw	Tennis Ball Throw	10M Walk	25M Run 25M Walk 50M Walk	10M Wheelchair	25M Wheelchair	100M Wheelchair	30M Slalom	50 M Slalom	25M Obstacle
8:00 - 8:15						ALL	ALL	ALL	ALL									
8:15 - 8:30						ALL	ALL	ALL	ALL									
8:30 - 8:45						ALL	ALL	ALL	ALL									
8:45 - 9:00			8 - 21				ALL	ALL	ALL									
9:00 - 9:15			22-29				ALL	ALL	ALL		ALL							
9:15 - 9:30			22-29				ALL	ALL	ALL		ALL							
9:30 - 9:45			30+				ALL	ALL	ALL			ALL						
9:45 - 10:00			30+				ALL	ALL	ALL			ALL						
10:00 - 10:15			30+				ALL	ALL	ALL	ALL		ALL						
10:15 - 10:30	30+						ALL	ALL	ALL	ALL		ALL						
10:30 - 10:45	30+						ALL	ALL	ALL	ALL								
10:45 - 11:00	8 - 15						ALL	ALL	ALL	ALL								
11:00 - 11:15	8 - 15						ALL	ALL	ALL	ALL			ALL	ALL	ALL			
11:15 - 11:30	22 - 29						ALL	ALL	ALL	ALL						ALL	ALL	ALL
11:30 - 11:45	22 - 29						ALL	ALL	ALL	ALL								
11:45 - 12:00	16 - 21						ALL	ALL	ALL	ALL								
12:00 - 12:15	16 - 21																	
12:15 - 12:30					ALL													
12:30 - 12:45					ALL													
12:45 - 1:00					ALL													
1:00 - 1:15					ALL													
1:15 - 1:30					ALL													
1:30 - 1:45		16 - 21																
1:45 - 2:00		16 - 21																
2:00 - 2:15		8 - 15																
2:15 - 2:30		8 - 15																
2:30 - 2:45		22+																
2:45 - 3:00		22+																
3:00 - 3:15		22+																
3:15 - 3:30		22+																
3:30 - 3:45				ALL														
3:45 - 4:00				ALL														
4:00 - 4:15				ALL														
4:15 - 4:30				ALL														

Low Motor Events (Bolded Headings): Refers to regular & assisted events as well as manual & motorized

*All field events will be ran cafeteria style. All athletes can show up in the designated time slot to complete their event. If a line forms, feel free to come back at time time later in the designated time slot.

*Field Event Awards: Shot Put, Softball Throw, Turbo Javelin, Running Long Jump and Standing Long Jump will be handed out starting at 1:30 PM. ALL field event awards will be handed out at on the soccer field.

*Low Motor Awards: Athletes for these events will be awarded in the low motor area. Tennis Ball throw will be awarded at the conclusion of the event at noon.