2026 Track & Field Schedule

Athletes need to be at the track a minimum of 1 hour before their event. Do not report to staging until your event is called.

COACHES - If you have an issue with a T&F event, go to the Track Rules Table 1 hour before staging time for that event

Start Time																			
Wednesday	25 M Unified Partner Walk	100M Walk	400M Walk	25M WC	30M WC Slalom	100M WC	50M Run	100M Run	200M Run	400M Run	TJAV	4X100M Relay	4X100M Unified Relay	Running Long Jump	High Jump	Standing LJ	1500M Run	800M	Shot Put
Noon						All Ages					8-15							All Ages	
12:30	All Ages			All Electric															
1:00				All Manual							16-29								
1:30												All							
2:00											30+								
2:30													All						
3:30										PENT									
3:45			All Ages							All									
Thursday	25M WALK	100M Walk	400M Walk	25M WC	30M WC Slalom	100M WC	50M Run	100M Run	200M Run	400M Run	SBT	4X100M Relay	4X100M Unified Relay	Running Long Jump	High Jump	Standing LJ	1500M Run	800M	Shot Put
8:30											8-11								
9:00	16-21													12-15		12-15			All Athletes
9:30	8-15 & 22+						16-21							PENT					
10:00							30+				12-15			22-29		22-29			PENT
10:30							8-11												
11:00														16-21		16-21			
11:30							22-29				22+								
Noon							12-15								All Ages				
12:30														30+	PENT	30+			
1:00																			
1:30					All Manual & Electric						16-21			8-11		8-11			
2:00																			
2:30																			
3:00											30+								
Friday		100M Walk	400M Walk	25M WC	30M WC Slalom	100M WC	50M Run	100M Run	200M Run	400M Run		4X100M Relay	4X100M Unified Relay	Running Long Jump	High Jump	Standing LJ	1500M Run	800M	Shot Put
9:00		8-21						8-11											
9:15		22+						PENT									All Ages		
10:00								12-15											
10:30								16-21											
11:30								22+	All Ages										