



2026 Minnesota State Varsity Showcase Schedule



Running Events

Schedule Below (we will roll schedule no more than 10 minutes more than times below)

Girls will run first except 60m hurdle final

Fastest sections will be ran first in all events going around the track

Coaches Meeting	10:30am
National Anthem	10:55am
60m Hurdle Prelims	11:00am
60m Dash Prelims	11:25am
4x800m Relay	12:05pm
60m Hurdle final (16 athlete - two heat final)	1:13pm
60m Dash Finals (16 athlete - two heat final)	1:21pm
Mile Run	1:29pm
Officials Break	2:04pm
400m Dash	2:19pm
4x200m Relay	3:17pm
800m Run	3:42pm
3200m Run	4:20pm
200m Dash	4:49pm
4x400m Relay	5:24pm
Team Awards	5:45pm

Field Events

Shotput (3 throws and finals)	11:00am	(Boys first, girls to follow)
Triple Jump	10:30am	(Boys first, girls to follow)
High Jump	11:00am	(Boys first, girls to follow)
Pole Vault	11:00pm	(Girls first, boys to follow)
Long Jump	2:15pm	(Boys first, girls to follow)

****3 jumps in horizontals - NO FINALS - 10-15 minute open runway between events****

Boys Triple Jump (26 jumpers)	10:30am - 12:15pm (1:45 hours)
Girls Triple Jump (18 jumpers)	12:30pm - 2:00pm (1:30 hours)
Boys Long Jump (28 jumpers)	2:15pm - 4:00pm (1:45 hours)
Girls Long Jump (9 jumpers)	4:15pm - 5:15pm (1 hour)

PLEASE HAVE JUMPERS LAY OUT APPROACHES UPON ARRIVAL TO FACILITY