



**SOUTH SUBURBAN
CONFERENCE**

Apple Valley High School
Burnsville High School
Eagan High School
Eastview High School
Farmington High School

Lakeville North High School
Lakeville South High School
Prior Lake High School
Rosemount High School
Shakopee High School

**Track
&
Field**

**2026 Championship
Meet Procedures**

Revised/Edited for NFHS compliance in November, 2025

2026 South Suburban Conference Track & Field Time Schedule

PRELIMINARIES – DAY 1 –Tuesday, May 19

1:30	Games Committee decision on field event venues	
1:45	Scratch/Add due	
2:00	Coaches' Meeting	
	FIELD EVENTS - Prelims & Finals in Field Events	
	2:50 Boys Pole Vault	2:50 Girls High Jump
	2:50 Boys Shot Put	4:05 Girls Discus Throw
	Boys Triple Jump and Girls Long Jump (Flight 1-2:50; Flight 2-3:25; Flight 3-4:00; Finals-4:35 for LJ & TJ)	
3:40	Girls 100m High Hurdles (33") - 4 Heats	
3:55	Boys 110m High Hurdles (39") - 4 heats	
4:10	Girls 100m - 4 heats	
4:22	Boys 100m - 4 heats	
4:35	Girls 3200m - Section 1	
4:52	Girls 3200m - Section 2	
5:07	Girls 400m - 4 heats	
5:19	Boys 400m - 4 heats	followed by Girls 3200m awards
5:38	Girls 300m Low Hurdles (30") - 4 heats	followed by Boys Triple Jump awards
5:53	Boys 300m Intermediate Hurdles (36") - 4 heats	followed by Girls Long Jump awards
6:10	Girls 800m - 4 heats	followed by Boys Shot Put awards
6:30	Boys 800m - 4 heats	followed by Girls High Jump awards
6:48	Girls 200m - 4 heats	followed by Boys Pole Vault awards
7:02	Boys 200m - 4 heats	followed by Girls Discus Throw awards
7:19	Boys 3200m - Section 1	
7:33	Boys 3200m - Section 2	followed by Boys 3200m awards

2026 South Suburban Conference Track & Field Time Schedule

CHAMPIONSHIP FINALS –Wednesday, May 20

1:30	Games Committee decision on field event venues	
2:15	Coaches' Meeting	
2:50	FIELD EVENTS - Prelims & Finals in Field Events	
	2:50 Girls Pole Vault	2:50 Boys High Jump
	2:50 Girls Shot Put	4:05 Boys Discus Throw
	Girls Triple Jump and Boys Long Jump (Flight 1-2:50; Flight 2-3:25; Flight 3-4:00; Finals-4:35 for LJ & TJ)	
3:15	Girls 4 x 800m Relay	(1 section)
3:30	Boys 4 x 800m Relay	(1 section)
3:45	Girls 100m High Hurdles	
3:53	Boys 110m High Hurdles	
4:00	Girls 100m	
4:06	Boys 100m	
4:16	Girls 4 x 200m Relay	(2 sections)
4:26	Boys 4 x 200m Relay	(2 sections)
4:35	Girls 1600m	Section 1
4:45	Girls 1600m	Section 2
4:55	Boys 1600m	Section 1
5:05	Boys 1600m	Section 2
5:15	Girls 4 x 100m Relay	(2 sections)
5:23	Boys 4 x 100m Relay	(2 sections)
5:31	Girls 400m	
5:36	Boys 400m	
5:46	Girls 300m Low Hurdles	
5:52	Boys 300m Intermediate Hurdles	
6:00	Girls 800m	
6:06	Boys 800m	
6:12	Girls 200m	
6:20	Boys 200m	
6:42	Girls 4 x 400m Relay	(2 sections)
6:57	Boys 4 x 400m Relay	(2 sections)