

# TRACK & FIELD MEET SCHEDULE

2026

## FIELD EVENTS

Grades 4-5: Begin at 10:00am (arrive at 9:45am for warm ups)

Grades K-3: Begin at 10:30am (arrive at 10:15am for warm ups)

NOTE: We will simultaneously use all long jump pits for both running and standing long jump. Standing Long jump will occur on the back side of the pit.

Grade K & Grade 2	Grade 1 & Grade 3	Grade 4	Grade 5
<b>Baseball Throw</b> (1 warm up/2 attempts)	<b>Standing / Running Long Jump</b> (3 attempts)	<b>Long Jump</b> (3 attempts)	<b>Shot Put</b> (3 attempts)
<b>Standing / Running Long Jump</b> (3 attempts)	<b>Baseball Throw</b> (1 warm up/2 attempts)	<b>Shot Put</b> (3 attempts)	<b>Long Jump</b> (3 attempts)
		<b>High Jump</b> (2 attempts)	<b>High Jump</b> (2 attempts)

## RUNNING EVENTS

All Grades: Begin at 11:00am

100M Dash

200M Dash

50M Shuttle Relay (Grades K-1)

4x100M Relay (Grades 2-5)

400M Dash

NOTE: Running events will all begin with Kindergarten and progress through the grade levels until all kids have competed each race.

## 4x100M RELAY – LANE ASSIGNMENTS

Grade 2		Grade 3		Grade 4		Grade 5	
Team	Lane	Team	Lane	Team	Lane	Team	Lane
Atomic Blue	1	Atomic Blue	1	Atomic Blue	1	Atomic Blue	1
Cardinal Red	2	Cardinal Red	2	Cardinal Red	2	Cardinal Red	2
Gold	3	Gold	3	Gold	3	Gold	3
Green	4	Green	4	Green	4	Green	4
Navy	5	Navy	5	Navy	5	Navy	5
Purple	6	Purple	6	Orange	6	Purple	6
Mixed Team	7	Orange	7	Mixed Team	7	Orange	7
Open	8	Royal Blue	8	Open	8	Mixed	8
Open	9	Mixed/Open	9	Open	9	Open	9

NOTE: We will run 2 heats for Grades 2-5. Teams will be in the same lane for both heats.

