

2026 Section 1AAA True Team Track Schedule
May 5th
Owatonna High School

12:45 Coaches meeting in Foundation Room (OHS building)		
Running Events 2:45 Girls 4x800 (1 section) 3:00 Boys 4x800 (1 section) 3:10 Girls 100 Hurdles (4 sections) 3:25 Boys 110 Hurdles (4 sections) 3:40 Girls 100 (4 sections) Girls 100 Wheelchair (1 section) 3:50 Boys 100 (4 sections) 4:00 Girls 4x200 (2 sections) 4:10 Boys 4x200 (2 sections) 4:25 Girls 1600 (1 sections) 4:35 Boys 1600 (1 sections) 4:50 Girls 4x100 (2 sections) 5:00 Boys 4x100 (2 sections) 5:10 Girls 400 (4 sections) 5:25 Boys 400 (4 sections) 5:40 Girls 300 Hurdles (4 sections) 5:55 Boys 300 Hurdles (4 sections) 6:10 Girls 800 (3 sections) Girls 800 Wheelchair (1 section) 6:25 Boys 800 (3 sections) 6:40 Girls 200 (4 sections) Girls 200 Wheelchair (1 section) 6:55 Boys 200 (4 sections) 7:10 Girls 3200 (1 sections) 7:25 Boys 3200 (1 sections) 7:40 Girls 4x400 (2 sections) 7:55 Boys 4x400 (2 sections) 8:15 Awards	Boys Field Events 1:30 Boys High Jump 1:30 Boys Triple Jump (3 flights) 1:30-2:00, Flight 1 2:10-2:40, Flight 2 2:50-3:30, Flight 3 2:15 Boys Shot Put (3 flights) 2:15-2:55, Flight 1 3:05-3:45, Flight 2 3:55-4:35, Flight 3 3:45 Boys Long Jump (3 flights) 3:45-4:15, Flight 1 4:25-4:55, Flight 2 5:05-5:35, Flight 3 4:55 Boys Discus (3 flights) 4:55-5:35, Flight 1 5:45-6:25, Flight 2 6:35-7:15, Flight 3 ~4:45 Boys Pole Vault (start 30 minutes after completion of girls)	Girls Field Events 1:30 Girls Pole Vault 1:30 Girls High Jump 1:30 Girls Long Jump (3 flights) 1:30-2:00, Flight 1 2:10-2:40, Flight 2 2:50-3:30, Flight 3 2:15 Girls Discus (3 flights) 2:15-2:55, Flight 1 3:05-3:45, Flight 2 3:55-4:35, Flight 3 3:45 Girls Triple Jump (3 flights) 3:45-4:15, Flight 1 4:25-4:55, Flight 2 5:05-5:35, Flight 3 4:55 Girls Shot Put (3 flights) 4:55-5:35, Flight 1 5:45-6:25, Flight 2 6:35-7:15, Flight 3