

2026 Lamoille Union Track and Field Schedule/Team Rules

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Date	Location	Dismissal/Departure (subject to change)
Tuesday 4/14	BFA St. Albans	1:00/1:15
Wednesday 4/22 (Vacation)	<i>Essex Vacation</i> Essex	8:00
Tuesday 4/28	Colchester	1:00/1:15
Saturday 5/2	<i>Twilight Meet</i> South Burlington	1:00
Tuesday 5/5	BFA St. Albans	1:00/1:15
Saturday 5/9	<i>Bob White Relays</i> St. Albans	8:00
Wednesday 5/13	Lyndon	1:00/1:15
Saturday 5/16	Burlington Invitational (<i>Qualification</i>)	7:00
Tuesday 5/19	U32	1:15/1:30
Thursday 5/21	<i>NVAC 9th/10th Grade Championship</i> Essex	1:00/1:15
Wednesday 5/27	North Country	1:00/1:15
Saturday 5/30	<i>Essex Invitational</i> (<i>Qualification</i>)	7:00
Monday 6/1	MMU (Last Chance Meet)	1:30/1:45
Friday 6/5	<i>Division II State Meet</i> Burlington High School	12:15/12:30
Wednesday 6/17 and Thursday 6/18	Burlington (Decathlon Championship)	7:00

TEAM RULES:

- Practice is 3:15-5:15 every weekday when a meet is not scheduled.
- 10 practices are required before you can compete (VPA Rule).
- Every practice is mandatory. The only exception applies to club sport athletes. Club sport athletes must communicate their schedule in advance. You must communicate beforehand if you are going to be absent. Unexcused absences will result in missing the next meet.
- All athletes must compete in at least 2 individual events.
- Scratching an event without consulting a coach or medical personal onsite of a meet will result in exclusion from the next meet.