2026 District 19-5A Track & Field Championships

Eagle Stadium-BHISD

April 8th

8:30am **Scratch Meeting**-Track and Field Meeting Room (behind scoreboard)

9:30am **Field Events** (3 preliminary attempts; top 8 to finals for 3 more attempts)

Boys	**Girls**
Triple Jump	Discus
	Pole Vault

10:30am **3200m Run Final** (Girls/Boys)

11:00am **Field Events** (3 preliminary attempts; top 8 to finals for 3 more attempts)

Boys	**Girls**
Discus	Long Jump
High Jump	

12:30pm **Field Events** (3 preliminary attempts; top 8 to finals for 3 more attempts)

Boys	**Girls**
Long Jump	High Jump
	Shot Put

2:00pm **Field Events** (3 preliminary attempts; top 8 to finals for 3 more attempts)

Boys	**Girls**
Pole Vault	Triple Jump
Shot Put	

3:45pm Meal for Coaches and Workers-Middle School North Cafeteria

Presentation of field event awards (1st-4th) will occur 30 minutes before running preliminaries.

5:00pm (or 1 hour after all field events finish, whichever is later)

Preliminary Running (Girls/Boys)

5:00pm	100m/110m Hurdles
5:20pm	100m Dash
5:40pm	400m Dash
6:00pm	300m Hurdles
6:20pm	200m Dash

April 9th (medals presented after each race)

5:00pm **Scratch Meeting**-Track and Field Meeting Room (behind scoreboard)

6:00pm	4x100m Relay	Girls	**7:15pm**	400m Dash	Girls
6:07pm	4x100m Relay	Boys	**7:22pm**	400m Dash	Boys
6:15pm	800m Run	Girls	**7:30pm**	300 Hurdles	Girls
6:22pm	800m Run	Boys	**7:37pm**	300 Hurdles	Boys
6:30pm	100m Hurdles	Girls	**7:45pm**	200m Dash	Girls
6:37pm	110m Hurdles	Boys	**7:52pm**	200m Dash	Boys
6:45pm	100m Dash	Girls	**8:00pm**	1600m Run	Girls
6:52pm	100m Dash	Boys	**8:07pm**	1600m Run	Boys
7:00pm	4x200m Relay	Girls	**8:15pm**	4 x 400m Relay	Girls
7:07pm	4x200m Relay	Boys	**8:22pm**	4 x 400m Relay	Boys



8:30pm-Team Awards