

DISTRICT 2-C HS & REGIONAL JH/ELEM TRACK AND FIELD SCHEDULE OF EVENTS
May 12, 2026 @ the Lambert Sports Complex - Complex opens/HS Girls PV warm-up @ 8am - Coach's mtg @ 8:30am

TRACK EVENTS:

**All run in this order and separate when applicable: Elem G, Elem B, JH G, JH B, HS G, HS B

9:30 100 m Hurdles - **EIG/B, JHG/B, HSG**
110 m Hurdles - **HSB**

10:00 100 m Dash - **EIG/B, JHG/B, HSG/B**

10:45 1600 m Run - **JHG/B, HSG/B**

11:30 400 m Dash - **EIG/B, JHG/B, HSG/B**

12:25 50 m Dash - **EIG/B**

12:45 4x100 m Relay - **EIG/B, JHG/B, HSG/B**



LUNCH BREAK

1:30 200 m Hurdles - **JHG/B**
300 m Hurdles - **HSG/B**

2:00 800 m Run - **EIG/B, JHG/B, HSG/B**

2:30 200 m Dash - **EIG/B, JHG/B, HSG/B**

3:15 3200 M Run - **HSG/B**

4:00 800 m Medley - **EIG/B, JHG/B**
4x400 m Relay - **HSG/B**

FIELD EVENTS:

9:00 High jump-EIG, Discus-EIB, LongJump-JHG, Shot Put-JHB, Javelin-HSG, Pole Vault- HSG, Triple Jump - HSB

10:30 Discus - EIG, High Jump - EIB, PoleVault - JHG, Long Jump - JHB, Shot Put - HSG, Javelin - HSB

12:00 Shot Put - JHG, Triple Jump - JHB, Long jump -HSG, Discus - HSB, High Jump - HSB

12:15 PoleVault Warm-ups - HSB, Shot Put - EIG

1:00 Long jump - EIG, Long Jump - EIB, High Jump - JHB, Discus - JHB, Pole Vault - HSB

2:15 Shot Put - EIB, Triple Jump - JHG, High Jump - HSG, Discus - HSG, Long Jump - HSB

3:30 Pole Vault - JHB, Discus - JHG, High Jump - JHG, Triple Jump - HSG, Shot Put - HSB

Field Events/Times/Locations

8:00 HSG PV warmup

9:00

Pole Vault-HSG

Triple Jump-HSB (south)

High Jump-ElG

Discus-EIB (south)

Long Jump-JHG (north)

Shot Put-JHB (west)

Javelin-HSG

10:30

Discus-ElG (north)

High Jump-EIB

Long Jump-JHB (north)

Pole Vault-JHG

Shot Put-HSG (east)

Javelin-HSB

12:00

High Jump-HSB

Shot Put-JHG (east)

Long Jump-HSG (north)

Discus-HSB (south)

Triple Jump-JHB (south)

12:15 HSB PV warmup

12:15

Shot Put-ElG (west)

1:00

Long Jump-ElG (north)

Long Jump-EIB (south)

High Jump-JHB

Discus-JHB (north)

Pole Vault (HSB)

2:15

Shot Put-EIB (west)

Triple Jump-JHG (south)

High Jump-HSG

Discus-HSG (south)

Long Jump-HSB (north)

3:30

Pole Vault-JHB

Discus-JHG (north)

High Jump-JHG

Triple Jump-HSG (south)

Shot Put-HSB (east)