

**2026 EASTERN "C" DIVISIONAL
TRACK & FIELD MEET
May 21, 2026 @ the Lambert Sports Complex
SCHEDULE OF EVENTS**

TRACK EVENTS

10:00	3200m Run	Finals Girls
10:15	3200m Run	Finals Boys
10:45	100m Hurdles	Finals Girls
11:00	110m hurdles	Finals Boys
11:30	100m Dash	Finals Girls
11:45	100m Dash	Finals Boys
12:15	800m Run	Finals Girls
12:30	800m Run	Finals Boys
1:00	4X100m Relay	Finals Girls
1:15	4X100m Relay	Finals Boys
1:45	300m Hurdles	Finals Girls
2:00	300m Hurdles	Finals Boys
3:00	400m Dash	Finals Girls
3:15	400m Dash	Finals Boys
3:45	1600m Run	Finals Girls
4:00	1600m Run	Finals Boys
4:30	200m Dash	Finals Girls
4:45	200m Dash	Finals Boys
5:30	4X400m Relay	Finals Girls
5:45	4X400m Relay	Finals Boys

FIELD EVENTS

(boys pole vault warm-up at 8:30)

9:30	Pole Vault	Boys
	Shot Put	Boys
	Long Jump	Girls
	Javelin	Girls
11:30	Javelin	Boys
	Triple Jump	Boys
	High Jump	Girls
	Discus	Girls

12:30 Girls Pole Vault Warm Up

1:30	Discus	Boys
	High Jump	Boys
	Pole Vault	Girls
	Shot Put	Girls
3:30	Long Jump	Boys
	Triple Jump	Girls