



2026 Outdoor Championships



Running Events Schedule

9:00 AM – 110 Meter Hurdles – HS Boys Pentathlon
9:20 AM – 100 Meter Hurdles – HS Girls Pentathlon
9:30 AM-100 Meter Hurdles -MS Boys Pentathlon
9:40AM-100 Meter Hurdles-MS Girls Pentathlon
9:50 AM – 100 Meters – Championship Girls
10:00 AM-100 Meters-Championship Boys
10:20 AM – 800 Meters – Championship Girls
10:30 AM-800 Meters - Championship Boys
10:45 AM – 100 Meter Hurdles – Championship Girls
11:00 AM-110 Meter Hurdles -Championship Boys
11:30 AM- 400 Meters-Championship Girls
11:40 AM-400 Meters-Championship Boys
11:55 AM – 400 Meter Hurdles – Championship Girls
12:05 PM-400 Meter Hurdles-Championship Boys
12:20 PM – 200 Meters – Championship Girls
12:30 PM-200 Meters - Championship Boys
12:50 PM – 800 Meters – HS Boys Pentathlon
1:10 PM – 800 Meters – HS Girls Pentathlon
2:00 PM – 400 Meters – MS Boys Pentathlon
2:15 PM – 400 Meters – MS Girls Pentathlon

Field Events Schedule

Boys

12:00 PM – High Jump – Championship Boys (Mat 1)
12:30 PM – Long Jump – Championship Boys (Pit 1)
1:00 PM – Discus – Championship Boys
2:00PM – Shot Put – Championship Boys (Ring 1)

Girls

10:45 AM Long Jump-Championship Girls (Pit 1)
11:30 AM – High Jump – Championship Girls (Mat 2)
1:00 PM – Shot Put – Championship Girls (Ring 2)
2:00 PM – Discus – Championship Girls



Pentathlon Rotations



High School Boys

9:00 AM – 110 Meter High Hurdles

9:30 AM – High Jump (Mat 1)

10:30AM-Shot Put (Ring 1) 4 throws

11:30 AM-Long Jump (Pit 1) 4 jumps

12:45 PM – 800 Meters

High School Girls

9:20 AM – 100 Hurdles

9:50 AM – High Jump (Mat 2)

10:50 AM – Shot Put (Ring 2)-4 throws

11:45 PM – Long Jump (Pit2)-4 jumps

1:00 PM – 800 Meters

Middle School Boys

9:30 AM – 100 Hurdles

10:00 AM-Long Jump (Pit2)-4 jumps

11:00 AM-High Jump (Mat 1)

12:00 AM-Shot Put (Ring 1)-4 Throws

2:15 PM – 400 Meters

Middle School Girls

9:40 AM- 100 Meter Hurdles

10:10 AM-Long Jump (Pit 1)- 4 jumps

11:10 AM-High Jump (Mat 2)

12:10 PM- Shot Put (Ring 2)-4 Throws

2:30 PM – 400 Meters