

# 2026 North Georgia Youth Track & Field League Championships

Saturday, April 25th, 2026

Location: East Jackson High School; 1435 Hoods Mill Road, Commerce, GA 30529

**8:45 60M Hurdles, 80M Hurdles and 100M Hurdles (All boys and girls)**

**Immediately After Hurdles: 3200M (All boys and girls)**

Girls will compete in running events in the morning session. Boys will compete in field events in the morning session.

**Girls Morning Session: Running events will proceed on rolling starts immediately following the 3200M.**

50 Meters: 6U Girls, 7-8 Girls; 9-10 Girls

4x100 Meter Relay: 11-12 Girls; 13-14 Girls; 15-18 Girls; 6U Girls; 7-8 Girls; 9-10 Girls

1600 Meters: 7-8 Girls & 9-10 Girls; 11-12 Girls; 13-14 Girls; 15-18 Girls

400 Meters: 6U Girls; 7-8 Girls; 9-10 Girls 11-12 Girls; 13-14 Girls; 15-18 Girls

100 Meters: 6U Girls; 7-8 Girls; 9-10 Girls; 11-12 Girls; 13-14 Girls; 15-18 Girls

800 Meters: 6U Girls; 7-8 Girls; 9-10 Girls; 11-12 Girls; 13-14 Girls; 15-18 Girls

200 Meters: 6U Girls; 7-8 Girls; 9-10 Girls; 11-12 Girls; 13-14 Girls; 15-18 Girls

4x400 Meter Relay: 8U Girls; 9-10 Girls; 11-12 Girls; 13-14 Girls; 15-18 Girls

300 Meter Hurdles: 9-10 Girls; 11-12 Girls; 13-14 Girls; 15-18 Girls

**Boys Morning Session: 9:15- Field Events**

| Time Frame                     | Field Event 1                                             | Field Event 2                                         | Field Event 3                                                                          | Field Event 4                                                                        |
|--------------------------------|-----------------------------------------------------------|-------------------------------------------------------|----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| <b>9:15 (all on this line)</b> | High Jump (All Boys 9 and older)                          | Discus (All Boys 11 and older)                        | Softball Throw Boys (6U, 7-8 & 9-10)                                                   | Mini Javelin Boys (11-12, 13-14 and 15-18)                                           |
| <b>9:15 (all on this line)</b> | Running Long Jump Boys (9-10, 13-14 & 15-18) <b>Pit 1</b> | Running Long Jump Boys (6U, 7-8 & 11-12) <b>Pit 2</b> | Standing Jump Boys (13-18, 11-12, 6U, 9-10, 8U) <b>(Pit 3)</b>                         | Shot Put (9-10 Boys at 9:15; 11 and older once age groups finish at Discus)          |
|                                |                                                           |                                                       | Softball Throw Boys (11-12, 13-14 and 15-18) <b>when 6U, 7-8 and 9-10 are complete</b> | Mini Javelin Boys (6U, 7-8 and 9-10) <b>when 11-12, 13-14 and 15-18 are complete</b> |

## **AFTERNOON SESSION (Begins Once Morning Session Concludes)**

### **Boys Afternoon Session: Running events will proceed on rolling starts.**

300 Meter Hurdles: 9-10 Boys; 11-12 Boys; 13-14 Boys; 15-18 Boys

50 Meters: 6U Boys; 7-8 Boys; 9-10 Boys

1600 Meters: 7-8 Boys & 9-10 Boys; 11-12 Boys; 13-14 Boys; 15-18 Boys

4x100 Meter Relay: 6U Boys; 7-8 Boys; 9-10 Boys; 11-12 Boys; 13-14 Boys; 15-18 Boys

400 Meters: 6U Boys; 7-8 Boys; 9-10 Boys; 11-12 Boys; 13-14 Boys; 15-18 Boys

100 Meters: 6U Boys; 7-8 Boys; 9-10 Boys; 11-12 Boys; 13-14 Boys; 15-18 Boys

800 Meters: 6U Boys; 7-8 Boys; 9-10 Boys; 11-12 Boys; 13-14 Boys; 15-18 Boys

200 Meters: 6U Boys; 7-8 Boys; 9-10 Boys; 11-12 Boys; 13-14 Boys; 15-18 Boys

4x400 Meter Relay: 8U Boys; 9-10 Boys; 11-12 Boys; 13-14 Boys; 15-18 Boys

### **Girls Afternoon Session: Field Events**

| <b>Time Frame</b>                                        | <b>Field Event 1</b>                                            | <b>Field Event 2</b>                                      | <b>Field Event 3</b>                                                                    | <b>Field Event 4</b>                                                                                   |
|----------------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| <b>Beginning of afternoon session (all on this line)</b> | High Jump (All Girls 9 and older)                               | Discus (All Girls 11 and older)                           | Softball Throw Girls (6U, 7-8 & 9-10)                                                   | Mini Javelin Girls (11-12, 13-14 and 15-18)                                                            |
| <b>Beginning of afternoon session (all on this line)</b> | Running Long Jump Girls (9-10, 13-14 and 15-18)<br><b>Pit 1</b> | Running Long Jump Girls (6U, 7-8 & 11-12)<br><b>Pit 2</b> | Standing Jump Girls (13-18, 11-12, 6U, 9-10, 8U)<br><b>(Pit 3)</b>                      | Shot Put (9-10 Girls at beginning of afternoon session; 11 and older once age groups finish at Discus) |
|                                                          |                                                                 |                                                           | Softball Throw Girls (11-12, 13-14 and 15-18) <b>when 6U, 7-8 and 9-10 are complete</b> | Mini Javelin Girls (6U, 7-8 and 9-10) <b>when 11-12, 13-14 and 15-18 are complete</b>                  |

**COACHES 4x100M RELAY AT THE CONCLUSION OF THE MEET**