



SoFo Midweek Meet
Thursday, February 19th 2026

THROWING EVENTS CONTESTED AT LAMBERT HS

4:15p Boys Shotput, Followed by Girls Shotput
Girls Discus, Followed by Boys Discus

AT SOUTH FORSYTH HS

4:30p Coaches Meeting

4:45p Field Events Begin

Boys Long Jump, Followed by Girls Long Jump (4 attempts)

Followed By

Boys Triple Jump, Followed by Girls Triple Jump (4 attempts)

5:00p Running Events (Rolling Schedule, Girls followed by Boys)

100/110 Meter Hurdles

100m Dash

4x200m Relay

1600m Run

4x100m Relay

400m Dash

300 Meter Hurdles

800m Run

200m Dash

3200m Run (If no entries, 5 minute delay)

4x400m Relay