

Suburban One League Patriot Division Track & Field Championship

Neshaminy High School - May 6 & 7, 2026 (rain date May 8th)

Wednesday Track Events

5:00	100m Hurdle Trial	G
5:15	110m Hurdle Trial	B
5:30	100m Trial	G
5:45	100m Trial	B
6:00	4x800 meter relay Final	G
6:20	4x800 meter relay Final	B
6:35	200m Trial	G
6:50	200m Trial	B

Wednesday Field Events

3:30-4:45	<i>Weigh-in / Implement check</i>
4:30	Girls Long Jump
5:00	Boys High Jump
5:00	Girls Pole Vault
5:00	Girls Shot Put
5:00	Boys Javelin
5:00	Boys Discus
	Boys Long Jump (after Girls LJ)

SCORING – Each dual meet win = 6 points.
Individual Events = 10-8-6-4-2-1 Relays = 10-8-6-4-2

Advancement: The top 2 in each trial heat and the next fastest times will move to the event final. Weigh-in of implements will take place in the track shed, and weigh-in of vaulters in the pole vault area.

Alternates in each event will move into the competition field after all scratches have taken place. Alternates should clerk in with the other competitors in the event.

Time schedule is approximate. Sessions will start on time, but the events will run one after the other. If we get ahead of the time, we will continue to run ahead. If inclement weather approaches, we will adjust the break and may begin earlier than the published times.

Medals to the top three places

Coaches – Please enter your top 2 athletes and any alternates in each event on [MileSplit.com](https://www.milesplit.com) by 9AM on Monday, May 4th.

Thursday Track Events

5:00	300m IH Final	G
5:15	300m IH Final	B
5:30	100m Final	G
5:35	100m Final	B
5:40	1600m Final	G
5:55	1600m Final	B
6:10	4x100 meter relay Final	G
6:15	4x100 meter relay Final	B
6:20	400m Final	G
6:30	400m Final	B

Break

7:00	100m Hurdle Final	G
7:10	110m Hurdle Final	B
7:15	800m Final	G
7:25	800m Final	B
7:35	200m Final	G
7:40	200m Final	B
7:45	3200m Final	G
8:05	3200m Final	B
8:25	4x400 meter relay Final	G
8:30	4x400 meter relay Final	B

Thursday Field Events

3:30-4:45	<i>Weigh-in / Implement check</i>
4:30	Boys Triple Jump
5:00	Girls Discus
5:00	Boys Shot Put
5:00	Girls High Jump
5:00	Boys Pole Vault
5:00	Girls Javelin
	Girls Triple Jump (after Boys TJ)