



Dulce Invitational Track Meet

Saturday, March 28, 2026 - Dulce Jr/Sr. High School Track

- 8:30 a.m. — Scratch meeting and Coaches/Workers meeting in field house.
Weigh-in for field events. Must weigh implements and get marked!
- 9:00 a.m. — Javelin Throw (girls/boys) Measure 50' (G) and 70' (B)
High Jump (Boys/Girls) Start 4'8" (B), 3'8" (G) w/2in. Increments.
Shot Put (girls/boys) Measure at 15' (G) and 25' (B)
Triple Jump (boys/girls) 45 min open pit (20', 24', 30' boards)
Long Jump (girls/boys) 2-hour open pit (4' & 8' boards)
Discus Throw (girls/boys — after Javelin) Measure 50' (G) and 70' (B)
**Minimum distances are subject to change based on the number of participants.*
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Running Events

- 10:00 a.m. - 3200 Meter Relay (Boys/Girls)
400 Meter Relay (Girls/Boys)
100 Meter Hurdles (Girls)
110 Meter Hurdles (Boys)
100 Meter Dash (Girls/Boys)
1600 Meter Run (Girls/Boys)
800 Meter Relay (Girls/Boys)
400 Meter Dash (Girls/Boys)
300 Meter Hurdles (Girls/Boys)
800 Meter Run (Girls/Boys)
1600 Meter Medley Relay (Girls/Boys)
200 Meter Dash (Girls/Boys)
3200 Meter Run (Girls/Boys)
1600 Meter Relay (Girls/Boys)
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General Information

- Team Entry Limits:
 - Maximum 7 entries per team for all events under 800m
 - Unlimited entries for 800m, 1600m, 3200m
- Multi-Event Athletes: If an athlete is in more than one field event, they must check in and out at each site.

Field Events

- Per NMAA guidelines we cannot measure by running backward from the pit. Please ensure your jumpers have measured marks BEFORE coming to the meet.
- Field Events- Four throws or jumps allowed with no finals