

2026 Region 2-5A Time Schedule

Field (*weigh-in 12:00 PM – 1:00 PM*)

Start at 1:30 PM 3 Jumps/Throws. Top 7 marks advance to Finals, 3 Jumps/Throws-Finals. 30-minute warm-up prior to the start of competition. There will be a 10-minute warm-up before Finals.

1:30 PM
Pole Vault – Girls followed by Boys
Shot Put – Girls followed by Boys
Javelin – Boys followed by Girls
Long Jump – Girls followed by Boys
High Jump – Boys followed by Girls
Discus After Shot Put/Javelin - Girls followed by Boys
Triple Jump After Long Jump – Girls and Boys same time, both pits used

RUNNING:

5:00 4x800

5:25 100m hurdles

5:35 110m hurdles

5:50 100m

6:05 4x200

6:20 1600m

6:35 4x100

6:50 400m

7:05 300m Hurdles

7:20 800m

7:35 200m

7:50 3200m

8:05 4x400