

2026 5A D2 Lower State Time Schedule

No event will start ahead of the scheduled time (unless we have inclement weather expected in the area, at which time we may go to a rolling schedule). The 4x400 may be up to 30 minutes later depending on the number of sections of the 3200.

10:15 - Officials Meeting

10:30 - Coaches Meeting (all coaches)

Field Events

11:00 – Girls: Pole Vault/Long Jump/Shot Put

Boys: High Jump/Long Jump/Discus/Javelin

1:00 – Girls: High Jump/Triple Jump/Discus/Javelin

Boys: Pole Vault/Triple Jump/Shot Put

Track Events

11:00 - 4 x 100 Relay

11:20 - 4 x 800 Relay

1:00 - 100/110 High Hurdles

1:20 - 100 Meter Dash

1:40 - 1600 Meter Run

2:10 - 400 Meter Dash

2:35 - 400 Meter Hurdles

3:00 - 800 Meter Run

3:20 - 200 Meter Dash

3:40 - 3200 Meter Run

4:15 - 4 x 400 Relay