

CIFSDS Section Championships 2026

May 23 at Mt. Carmel High School

Running Events

Time	Event	Heat
10:00	Girls 4 x 800 Relay	1
10:15	Boys 4 x 800 Relay	1
10:30	Boys Wheelchair 400m	1
10:35	Boys Ambulatory 400m	1
10:40	Girls Unified 4 x 100 Relay	1
10:45	Boys Unified 4 x 100 Relay	1
11:00	Girls 4 x 100 Relay	1
11:05	Girls 4 x 100 Relay	2
11:13	Boys 4 x 100 Relay	1
11:18	Boys 4 x 100 Relay	2
11:26	Girls 1600m	1
11:36	Boys 1600m	1
11:46	Girls 100 HH	1
11:50	Girls 100 HH	2
11:58	Boys 110 IH	1
12:02	Boys 110 IH	2
12:10	Girls 400m	1
12:14	Girls 400m	2
12:22	Boys 400m	1
12:26	Boys 400m	2
12:34	Boys Wheelchair 100m	1
12:37	Boys Ambulatory 100m	1
12:42	Girls Unified 100m	1
12:45	Boys Unified 100m	1
12:50	Boys Unified 100m	2
12:58	Girls 100m	1
1:01	Girls 100m	2
1:09	Boys 100m	1
1:12	Boys 100m	2
1:20	Girls 800m	1
1:25	Girls 800m	2
1:33	Boys 800m	1
1:38	Boys 800m	2
1:46	Girls 300 LH	1
1:49	Girls 300 LH	2

Running Events

Time	Event	Heat
1:57	Boys 300 IH	1
2:00	Boys 300 IH	2
2:08	Boys Wheelchair 200m	1
2:11	Boys Ambulatory 200m	1
2:16	Girls 200m	1
2:19	Girls 200m	1
2:27	Boys 200m	1
2:30	Boys 200m	2
2:38	Girls 3200m	1
2:56	Boys 3200m	2
3:14	Girls 4 x 400 Relay	1
3:22	Girls 4 x 400 Relay	1
3:32	Boys 4 x 400 Relay	1
3:40	Boys 4 x 400 Relay	2

Field Events

Time	Event
9:00	Girls Shot Put
9:00	Girls Ambulatory Shot Put
9:00	Boys Shot Put
9:00	Boys Ambulatory Shot Put
10:00	Girls Pole Vault
10:00	Girls Long Jump
10:00	Boys Long Jump
10:15	Boys High Jump
11:00	Girls Unified Shot Put
11:00	Boys Unified Shot Put
11:00	Boys Wheelchair Shot Put
11:00	Girls Discus
1:00	Boys Pole Vault
12:45	Girls Triple Jump
12:45	Boys Triple Jump
1:00	Girls High Jump
1:30	Boys Discus

All Schedules are Approximate

Times may change as we add para and unified events.