



at The Nike Track & Field Center at The Armory  
**January 2nd & 3rd, 2026**

| FRIDAY OVAL RACES                       |                                       |         |       | FRIDAY INFIELD RACES                         |                                        |         |       |
|-----------------------------------------|---------------------------------------|---------|-------|----------------------------------------------|----------------------------------------|---------|-------|
|                                         |                                       | Entries | Heats |                                              |                                        | Entries | Heats |
| 4:00                                    | Boys 1 Mile Run Freshmen              | 69      | 3     | 4:00                                         | Boys 55 Meter Dash Freshmen            | Trials  | 94    |
| 4:21                                    | Boys 1 Mile Run Sophomore             | 65      | 3     | 4:16                                         | Boys 55 Meter Dash Sophomore           | Trials  | 110   |
| 4:39                                    | Boys 1 Mile Run Novice                | 66      | 3     | 4:36                                         | Boys 55 Meter Dash Novice              | Trials  | 143   |
| 4:57                                    | Girls 1500 Meter Run Freshmen         | 42      | 2     | 5:00                                         | Girls 55 Meter Dash Freshmen           | Trials  | 133   |
| 5:11                                    | Girls 1500 Meter Run Sophomore        | 31      | 2     | 5:22                                         | Girls 55 Meter Dash Sophomore          | Trials  | 122   |
| 5:25                                    | Girls 1500 Meter Run Novice           | 48      | 2     | 5:43                                         | Girls 55 Meter Dash Novice             | Trials  | 90    |
| 5:39                                    | Boys 4x200 Meter Relay Freshmen       | 14      | 3     |                                              |                                        |         |       |
| 5:46                                    | Boys 4x200 Meter Relay Sophomore      | 18      | 3     | 6:15                                         | Boys 55 Meter Dash Freshmen            | Final   | 8     |
| 5:54                                    | Boys 4x200 Meter Relay Novice         | 38      | 7     | 6:20                                         | Boys 55 Meter Dash Sophomore           | Final   | 8     |
| 6:11                                    | Girls 1600 SMR (4-2-2-8)              | 25      | 5     | 6:25                                         | Boys 55 Meter Dash Novice              | Final   | 8     |
| 6:41                                    | Boys 1600 SMR (4-2-2-8)               | 33      | 6     | 6:30                                         | Girls 55 Meter Dash Freshmen           | Final   | 8     |
| 7:11                                    | Girls 4x200 Meter Relay Freshmen      | 21      | 4     | 6:35                                         | Girls 55 Meter Dash Sophomore          | Final   | 8     |
| 7:23                                    | Girls 4x200 Meter Relay Sophomore     | 13      | 3     | 6:40                                         | Girls 55 Meter Dash Novice             | Final   | 8     |
| 7:32                                    | Girls 4x200 Meter Relay Novice        | 40      | 7     |                                              |                                        |         |       |
| 7:53                                    | Boys 4x800 Meter Relay Frosh/Soph     | 16      | 1     | 7:00                                         | Boys 55 Meter Hurdles Frosh/Soph       | Final   | 27    |
| 8:03                                    | Boys 4x800 Meter Relay Novice         | 12      | 1     | 7:10                                         | Boys 55 Meter Hurdles Novice           | Final   | 31    |
| 8:14                                    | Girls 4x800 Meter Frosh/Soph          | 10      |       | 7:20                                         | Girls 55 Meter Hurdles Frosh/Soph      | Final   | 29    |
| 8:14                                    | Girls 4x800 Meter Novice              | 8       | 1     | 7:30                                         | Girls 55 Meter Hurdles Novice          | Final   | 29    |
| 8:27                                    | Boys 4x400 Meter Relay Freshmen       | 3       |       |                                              |                                        |         |       |
| 8:27                                    | Boys 4x400 Meter Relay Sophomore      | 7       | 1     |                                              |                                        |         |       |
| 8:32                                    | Boys 4x400 Meter Relay Novice         | 10      | 1     |                                              |                                        |         |       |
| 8:37                                    | Girls 4x400 Meter Relay Freshmen      | 4       |       |                                              |                                        |         |       |
| 8:37                                    | Girls 4x400 Meter Relay Sophomore     | 2       | 1     |                                              |                                        |         |       |
| 8:43                                    | Girls 4x400 Meter Relay Novice        | 13      | 2     |                                              |                                        |         |       |
| 8:55                                    | Done                                  |         |       |                                              |                                        |         |       |
| THROWING CIRCLE ONE                     |                                       |         |       | THROWING CIRCLE TWO                          |                                        |         |       |
| 5:00                                    | Boys Sophomore Shot Put. - Flight 1   |         |       | 5:00                                         | Boys Freshman Shot Put. - Flight 1     |         |       |
| 5:45                                    | Boys Sophomore Shot Put. - Flight 2   |         |       | 5:45                                         | Girls Freshman Shot Put. - Flight 1    |         |       |
| 6:30                                    | Boys Novice Shot Put. - Flight 1      |         |       | 6:30                                         | Girls Sophomore Shot Put. - Flight 1   |         |       |
| 7:20                                    | Boys Novice Shot Put. - Flight 2      |         |       | 7:30                                         | Girls Novice Shot Put. - Flight 1      |         |       |
|                                         |                                       |         |       | 8:15                                         | Girls Novice Shot Put. - Flight 2      |         |       |
|                                         | <b>Boys Minimum is 25 Feet</b>        |         |       |                                              | <b>Girls Minimum is 20 Feet</b>        |         |       |
| JUMPS PIT ONE                           |                                       |         |       | JUMPS PIT TWO                                |                                        |         |       |
| 4:00                                    | Boys Long Jump Freshmen (14' Min)     |         |       | 4:00                                         | Girls Long Jump Freshmen (12' Min)     |         |       |
| 4:45                                    | Boys Long Jump Sophomore (16' Min)    |         |       | 4:00                                         | Girls Long Jump Sophomore (13' Min)    |         |       |
| 5:30                                    | Boys Long Jump Novice (17' Min)       |         |       | 5:00                                         | Girls Long Jump Novice (14' Min)       |         |       |
| 6:15                                    | Boys Triple Jump Frosh/Soph (34' Min) |         |       | 6:00                                         | Girls Triple Jump Frosh/Soph (28' Min) |         |       |
| 7:00                                    | Boys Triple Jump Novice (35' Min)     |         |       | 6:00                                         | Girls Triple Jump Novice (29' Min)     |         |       |
| BOYS POLE VAULT (8-0, 9-0, 10-0, up 6") |                                       |         |       | GIRLS POLE VAULT (6-0, 7-0, 8-0, 9-0, up 6") |                                        |         |       |
| 4:00                                    | Boys Pole Vault Freshmen              |         |       | 5:30                                         | Girls Pole Vault Freshmen              |         |       |
| 4:00                                    | Boys Pole Vault Sophomore             |         |       | 5:30                                         | Girls Pole Vault Sophomore             |         |       |
| 4:00                                    | Boys Pole Vault Novice                |         |       | 5:30                                         | Girls Pole Vault Novice                |         |       |