



at The Nike Track & Field Center at The Armory

**January 2nd & 3rd, 2026**

**SATURDAY OVAL RACES**

Time		Event		Entries	Heats
8:25 AM	Varsity/FS	Girls 1500m Race Walk		36	2
8:49 AM	Varsity	Boys 1 Mile Run (Sub 4:48.0)	GOLD	90	4
9:13 AM	Varsity	Boys 1 Mile Run (4:48.00 - 5:09.23)	SILVER	125	5
9:43 AM	Varsity	Boys 1 Mile Run (5:09.23+)	BRONZE	135	5
10:18 AM	CLUB/UNA	Boys & Girls 1 Mile Run	CLUB/UNA	18	1
10:25 AM	Varsity	Girls 1 Mile Run (Sub 5:35.24)	GOLD	40	2
10:39 AM	Varsity	Girls 1 Mile Run (5:35.24 - 6:05.00)	SILVER	70	3
11:00 AM	Varsity	Girls 1 Mile Run (6:05.00 +)	BRONZE	70	3
11:24 AM	Varsity	Boys 4x200M Trials	GOLD	40	8
11:44 AM	Varsity	Boys 4x200M	SILVER	48	8
12:04 PM	Varsity	Girls 4x200M Trials	GOLD	35	7
12:25 PM	Varsity	Girls 4x200M	SILVER	41	7
12:46 PM		Opening Ceremony			1
12:56 PM	Invitational	Boys 1 Mile Run	Heat 1 & 2	13	2
1:06 PM	Invitational	Boys 1 Mile Run	Heat 3	13	1
1:14 PM	Invitational	Boys 400M Dash		18	3
1:23 PM	Varsity	Girls 55M Hurdles	FINAL	8	1
1:28 PM	Invitational	Girls 1 Mile Run		15	1
1:36 PM	Varsity	Boys 55M Hurdles	FINAL	8	1
1:41 PM	Invitational	Girls 400M Dash		18	3
1:50 PM	Invitational	Girls 3000M Run		17	1
2:03 PM	Varsity	Boys 55M Dash	GOLD FINAL	8	1
2:08 PM	Varsity	Girls 55M Dash	GOLD FINAL	8	1
2:13 PM	Invitational	Boys 2 Mile Run		20	1
2:25 PM	Varsity	Boys 2 Mile Run	GOLD	20	1
2:37 PM	Varsity	Boys 4x200M Relay	GOLD FINAL	6	1
2:42 PM	Varsity	Girls 4x200M Relay	GOLD FINAL	6	1
2:47 PM	Varsity	Boys 400M Dash (Sub 51.10)	GOLD SEEDED	48	8
2:59 PM	Varsity	Boys 400M Dash (51.10 - 54.00)	GOLD	135	12
3:17 PM	Varsity	Boys 400M Dash (54.00 - 57.14)	SILVER	140	12
3:29 PM	Varsity	Boys 400M Dash (57.27 +)	BRONZE	153	12
3:41 PM	CLUB/UNA	Boys & Girls 400m Dash	CLUB/UNA	60	8
3:53 PM	Varsity	Girls 400M Dash (Sub 61.36)	GOLD SEEDED	48	6
4:02 PM	Varsity	Girls 400M Dash (61.36 - 65.00)	GOLD	110	10
4:12 PM	Varsity	Girls 400M Dash (65.00 - 69.74)	SILVER	120	10
4:22 PM	Varsity	Girls 400M Dash (69.82 +)	BRONZE	136	10
4:37 PM	Varsity	Boys 200M Dash (Sub 23.00)	GOLD SEEDED	40	8
4:45 PM	Varsity	Boys 200M Dash (23.00 - 24.31)	GOLD	180	27
5:03 PM	Varsity	Boys 200M Dash (24.33 - 25.82)	SILVER	180	27



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5:21 PM	Varsity	Boys 200M Dash (25.83 +)	BRONZE	185	27
5:39 PM	CLUB/UNA	Boys & Girls 200m Dash	CLUB/UNA	90	15
5:49 PM	Varsity	Girls 200M Dash (Sub 26.45)	GOLD SEEDED	40	8
5:57 PM	Varsity	Girls 200M Dash (26.45 - 28.29)	GOLD	140	20
6:13 PM	Varsity	Girls 200M Dash (28.31 - 30.85)	SILVER	140	20
6:30 PM	Varsity	Girls 200M Dash (30.88 +)	BRONZE	163	20
6:47 PM	Varsity	Boys 800M Run (Sub 2:08.5)	GOLD	90	6
7:02 PM	Varsity	Boys 800M Run (2:08.5 - 2:15.82)	SILVER	125	6
7:17 PM	Varsity	Boys 800M Run (2:15.91 +)	BRONZE	140	7
7:38 PM	CLUB/UNA	Boys & Girls 800m Run	CLUB/UNA	25	2
7:46 PM	Varsity	Girls 800M Run (Sub 2:32.5)	GOLD	50	3
7:55 PM	Varsity	Girls 800M Run (2:32.5 - 2:45.0)	SILVER	75	4
8:07 PM	Varsity	Girls 800M Run (2:45.0 +)	BRONZE	82	4
8:23 PM	Varsity	Boys 4x400M Relay		28	4
8:43 PM	Varsity	Girls 4x400M Relay		21	3
9:01 PM	Varsity	Boys 4x800M Relay		14	1
9:13 PM	Varsity	Girls 4x800M Relay		8	1
9:28 PM		Done			

SATURDAY INFELD RACES				Entries	Heats
8:45 AM	Varsity	Boys 55M Hurdles Trials (Sub 8.62)	GOLD	64	8
9:09 AM	Varsity	Boys 55M Hurdles (8.62+)	SILVER	54	7
9:30 AM	Varsity	Girls 55M Hurdles Trials (Sub 9.71)	GOLD	54	7
9:51 AM	Varsity	Girls 55M Hurdles (9.71+)	SILVER	54	7
10:12 AM	Varsity	Boys 55M Dash Trials (Sub 6.94)	GOLD	132	15
10:34 AM	Varsity	Girls 55M Dash Trials (Sub 7.78)	GOLD	95	11
10:51 AM	Varsity	Boys 55M Dash (6.94 - 7.24)	SILVER	132	15
11:13 AM	Varsity	Girls 55M Dash (7.78 - 8.25)	SILVER	95	11
11:30 AM	Varsity	Boys 55M Dash (7.25 +)	BRONZE	160	18
11:57 AM	Varsity	Girls 55M Dash (8.26 +)	BRONZE	115	10
12:12 PM	CLUB/UNA	B & G club/Unattached 55m Dash	CLUB/UNA	83	10

Blocks in unattached and Gold Finals only



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THROWING CIRCLE ONE			THROWING CIRCLE TWO		
8:30	Boys Varsity Shot Put Flight 4 (w/Club)		8:30	Boys Varsity Shot Put Flight 1	
9:30	Boys Varsity Shot Put Flight 5		9:20	Boys Varsity Shot Put Flight 2	
10:20	Boys Varsity Shot Put Flight 6		10:10	Boys Varsity Shot Put Flight 3	
11:00	Boys Varsity Shot Put Flight 7		11:00	Girls Varsity Shot Put Flight 1	
11:50	Boys Varsity Shot Put Final		11:50	Girls Varsity Shot Put Flight 2	
12:20	Girls Varsity Shot Put Flight 4		12:40	Girls Varsity Shot Put Flight 3	
1:10	Girls Varsity Shot Put Flight 5				
2:00	Girls Varsity Shot Put Final				
2:30	Boys Varsity Weight Throw Flight 1				
3:15	Boys Varsity Weight Throw Flight 2				
4:00	Boys Varsity Weight Throw Final				
4:30	Girls Varsity Weight Throw Flight 1				
5:15	Girls Varsity Weight Throw Flight 2				
6:00	Girls Varsity Weight Throw Final				
SATURDAY HIGH JUMPS			SATURDAY JUMPS & VAULT		
3:00 PM	Boys Varsity High Jump	5-6, 5-9, 6-0, up 2"	9:00 AM	Girls Long Jump Varsity (14' Min)	
3:00 PM	Girls Varsity High Jump	4-6, 4-9, 5-0, up 2"	9:00 AM	Boys Long Jump Varsity (17' Min)	
6:00 PM	Boys Novice High Jump	5-0, 5-3, 5-6, up 2"	9:00 AM	Girls Pole Vault Varsity	
6:00 PM	Girls Novice High Jump	3-9-4-0, 4-3, 4-6, up 2"	3:00 PM	Girls Triple Jump Varsity (30' Min)	
			3:00 PM	Boys Triple Jump Varsity (36' Min)	
			2:00 PM	Boys Pole Vault Varsity	
			THROWS MINIMUMS		
			Girls SP	23 Feet	
			Boys SP	32 Feet	
			Girls WT	28 Feet	
			Boys WT	40 Feet	
unattached athletes compete with flight 1 in all field events					