



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 INFIELD 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	SATURDAY JUMPS & VAULT	
3:15	Boys Varsity Weight Throw Flight 2	9:00 AM	Girls Long Jump Varsity (14' Min)
4:00	Boys Varsity Weight Throw Final	9:00 AM	Boys Long Jump Varsity (17' Min)
4:30	Girls Varsity Weight Throw Flight 1	9:00 AM	Girls Pole Vault Varsity
5:15	Girls Varsity Weight Throw Flight 2	3:00 PM	Girls Triple Jump Varsity (30' Min)
6:00	Girls Varsity Weight Throw Final	3:00 PM	Boys Triple Jump Varsity (36' Min)
		2:00 PM	Boys Pole Vault Varsity
SATURDAY HIGH JUMPS		THROWS MINIMUMS	
3:00 PM	Boys Varsity High Jump	5-6, 5-9, 6-0, up 2"	Girls SP 23 Feet
3:00 PM	Girls Varsity High Jump	4-6, 4-9, 5-0, up 2"	Boys SP 32 Feet
6:00 PM	Boys Novice High Jump	5-0, 5-3, 5-6, up 2"	Girls WT 28 Feet
6:00 PM	Girls Novice High Jump	3-9-4-0, 4-3, 4-6, up 2"	Boys WT 40 Feet
<i>unattached athletes compete with flight 1 in all field events</i>			