

MILLROSE GAMES
TRIALS
NIKE TRACK & FIELD CENTER
★ AT THE ARMORY ★

January 7th, 2026

Order of Events

<i>Time</i>	<i>Gender</i>	<i>Level</i>	<i>Division</i>	<i>Event</i>	<i>Sections</i>	<i>Round</i>
3:30	B & G	Youth	NYRR	800m Run	6	Final
4:20	Boys	Youth	Youth (12 & Under)	4x200m Relay	3	Final
4:35	Girls	Youth	Youth (12 & Under)	4x200m Relay	3	Final
4:50	Boys	High School	PSAL	4x400m Relay	3	Semi
5:05	Girls	High School	PSAL	4x400m Relay	3	Semi
5:23	Boys	High School	Varsity	4x200m Relay	5	Final
5:40	Girls	High School	Varsity	4x200m Relay	5	Final
5:58	Boys	Youth	Youth (12 & Under)	400m Dash	7	Final
6:12	Girls	Youth	Youth (12 & Under)	400m Dash	8	Final
6:28	Boys	High School	Invitational (Top 45 Entries)	1 Mile Run	3	Final
6:46	Girls	High School	Invitational (Top 30 Entries)	1 Mile Run	2	Final
7:00	Boys	High School	Invitational (Heat 1)	4x800m Relay	1	Final
7:10	Boys	High School	Varsity	55m Dash	1	Final
7:15	Girls	High School	Varsity	55m Dash	1	Final
7:20	Boys	High School	Invitational (Heat 2)	4x800m Relay	1	Final
7:30	Girls	High School	Invitational (Top 15 Entries)	4x800m Relay	1	Final
7:42	Boys	High School	Long Island	4x400m Relay	3	Final
7:57	Girls	High School	Long Island	4x400m Relay	3	Final
8:12	Boys	High School	Private School & CHSAA	4x400m Relay	2	Final
8:22	Girls	High School	Private School & CHSAA	4x400m Relay	2	Final
8:32	Boys	High School	Suburban	4x400m Relay	5	Final
8:57	Girls	High School	Suburban	4x400m Relay	4	Final
9:17	<i>Done</i>					

Order of Events - Infield

5:00	Boys	Youth	NYRR (8 & Under)	55m Dash	5	Final
5:10	Girls	Youth	NYRR (8 & Under)	55m Dash	5	Final
6:00	Boys	High School	Varsity	55m Dash	14	Trials
6:15	Girls	High School	Varsity	55m Dash	11	Trials
7:10	Girls	High School	Varsity (top 8)	55m Dash	1	Final
7:15	Boys	High School	Varsity (top 8)	55m Dash	1	Final

Field Events

5:00 PM	Girls	High School	Invitational (Minimum = 35 Feet)	Weight Throw	2	Trials & Finals
6:30 PM	Boys	High School	Invitational (Minimum = 45 Feet)	Weight Throw	2	Trials & Finals
6:00 PM	Boys	High School	Invitational (Top 14 Entries)	Pole Vault	1	Finals