

**2026 D III REGIONAL TRACK & FIELD CHAMPIONSHIPS  
AUSTINTOWN FITCH**

**THURSDAY, MAY 28, 2026**

**FIELD EVENTS (PRELIMINARY TRIALS AND FINALS): 4:30 pm**

**(Venues open to supervised warm-ups @ 3:30 pm)**

**BOYS: Long Jump, Pole Vault, Discus**

**GIRLS: High Jump, Shot Put**

**Seated Shot Put**

**RUNNING EVENTS: 6:00 pm**

6:00	Girls	4x800m Relay Final	Top 5 to State
6:15	Boys	4x800m Relay Final	Top 5 to State
6:30	Girls	100m Hurdles Semi	8 Fastest Times to Finals
6:40	Boys	110m Hurdles Semi	8 Fastest Times to Finals
6:50	Girls	100m Dash Semi	8 Fastest Times to Finals
6:55	Boys	100m Dash Semi	8 Fastest Times to Finals
7:02	Girls	4x200m Relay Semi	8 Fastest Times to Finals
7:12	Boys	4x200m Relay Semi	8 Fastest Times to Finals
7:25	Girls	4x100m Relay Semi	8 Fastest Times to Finals
7:30	Boys	4x100m Relay Semi	8 Fastest Times to Finals
7:35	Girls	400m Dash Semi	8 Fastest Times to Finals
7:45	Boys	400m Dash Semi	8 Fastest Times to Finals
7:55	Girls	300m Hurdles Semi	8 Fastest Times to Finals
8:05	Boys	300m Hurdles Semi	8 Fastest Times to Finals
8:15	Girls	200m Dash Semi	8 Fastest Times to Finals
8:20	Boys	200m Dash Semi	8 Fastest Times to Finals
8:25	Girls	3200m Run Final	Top 5 to State
8:40	Boys	3200m Run Final	Top 5 to State
8:55	Girls	4x400m Relay Semi	8 Fastest Times to Finals
9:05	Boys	4x400m Relay Semi	8 Fastest Times to Finals

**SATURDAY, MAY 30, 2026**

**FIELD EVENTS (PRELIMINARY TRIALS AND FINALS): 11:00 am**

**(Venues open to supervised warm-ups @ 10:00 am)**

**BOYS: High Jump, Shot Put**

**GIRLS: Pole Vault, Long Jump, Discus**

**TRACK EVENT FINALS: 12:30 pm**

12:30	Girls	100m Hurdles
12:35	Boys	110m Hurdles
12:40	Girls	100m Dash
12:42	Boys	100m Dash
	Seated	100m
12:48	Girls	4x200m Relay
12:55	Boys	4x200m Relay
1:05	Girls	1600m Run
1:13	Boys	1600m Run
1:20	Girls	4x100m Relay
1:27	Boys	4x100m Relay
1:35	Girls	400m Dash
1:37	Boys	400m Dash
	Seated	400m
1:40	Girls	300m Hurdles
1:45	Boys	300m Hurdles
1:50	Girls	800m Run
1:55	Boys	800m Run
	Seated	800m
2:00	Girls	200m Dash
2:05	Boys	200m Dash
2:25	Girls	4x400m Relay
2:30	Boys	4x400m Relay