



SOUTHEAST REGION TRACK AND FIELD MEET

KINDRED, ND

SATURDAY MAY 16, 2026

Gate Admission:

- GoFan: Adults - \$10.00 Students- \$5.00
- Cash: Adults - \$15.00, Students - \$5.00

SCHEDULE OF EVENTS:

10:30am Javelin (Girls followed by Boys)
 Shot Put (Girls followed by Boys)
 Discus (Boys followed by Girls)
 Long Jump (Boys followed by Girls)
 Triple Jump (Girls followed by Boys)
 Pole Vault (Boys followed by Girls)
 High Jump (Girls followed by Boys)

11:30am 4x800 Meter Relay
 300 Meter Hurdles
 100 Meter Dash
 4x200 Meter Relay
 1600 Meter Run
 4x100 Meter Relay
 400 Meter Dash

20 MINUTE BREAK- AWARDS

100 Meter Hurdles (G)
110 Meter Hurdles (B)
800 Meter Run
200 Meter Dash
3200 Meter Run