

2026 NDHSAA Track & Field Schedule

Thursday

12:00 PM	Track Open for warm-up	
1:30 PM	Officials Meeting	Locker Room C
2:00 PM	A coaches meeting	Locker Room A
2:00 PM	B coaches meeting	Locker Room B
2:55 PM	Track Closed	
2:45 PM	Opening Ceremonies	
3:00 PM	National Anthem	
3:30 PM	Track Open for warm-up	
4:10 PM	Track Closed	
4:30 PM	4 x 200 Relay	Prelim
5:15 PM	3200m Run	Final

Running order - B girls, A girls, B boys, A boys

Friday

8:00 AM	Track Open for warm-up	
9:00 AM	National Anthem	
10:00 AM	Track Closed	
10:15 AM	300m Hurdles	Prelim
11:00 AM	100m Dash	Prelim
11:45 AM	Class A 1600m Run	Final
12:15 PM	400m Dash	Prelim
1:00 PM	Class B 1600m Run	Final
1:30 PM	Thursday Evening Awards	
2:00 PM	100/110 Hurdles	Prelim
2:45 PM	200m Dash	Prelim
3:30 PM	Class A 4 x 800m Relay	Final
4:15 PM	4 x 100m Relay	Prelim
5:00 PM	Class B 4 x 800m Relay	Final

Running order - B girls, A girls, B boys, A boys

Saturday

8:00 AM	Track Open for warm-up	
9:15 AM	National Anthem	
10:30 AM	Track Closed	
11:00 AM	300m Hurdles	Final
11:30 AM	100m Dash	Final
12:00 PM	4 x 200m Relay	Final
12:30 PM	Special Recognition / Hall of Fame	
1:00 PM	400m Dash	Final
1:30 PM	100/110m Hurdles	Final
2:00 PM	200m Dash	Final
2:30 PM	800m Run	Final
3:00 PM	4 x 100m Relay	Final
3:30 PM	4 x 400m Relay	Final

Running order - B girls, A girls, B boys, A boys

3:00 PM	A Girls Long Jump	
3:30 PM	B Boys Discus	
	B Girls High Jump	
	A Girls Shot Put	
	A Boys Pole Vault	
5:30 PM	A Boys Long Jump	
	B Girls Discus	
	B Boys High Jump	
	A Boys Shot Put	

9:30 AM	B Girls Long Jump	
	A Girls Discus	
10:00 AM	B Boys Pole Vault	
	A Girls High Jump	
11:30 AM	A Boy Discus	
	B Girls Shot Put	
12:00 PM	B Boys Long Jump	
1:00 PM	B Girls Pole Vault	
2:00 PM	A Boys Triple Jump	
	A Girls Javelin	
	B Boys Shot Put	

9:30 AM	A Boys Javelin	
	B Girls Triple Jump	
10:00 AM	A Girls Pole Vault	
12:15 PM	A Boys High Jump	
	B Boys Triple Jump	
	B Girls Javelin	
2:15 PM	B Boys Javelin	
	A Girls Triple Jump	