

2026 HHSAA Track and Field Championships

DAY 1

Friday, May 15, 2026

Sponsored by Island Movers

Field Events	Order	1st Call	Last Call	Event Start
Discus	Girls	10:40 AM	10:50 AM	11:00 AM
Shot Put	Boys	1:40 PM	1:50 PM	2:00 PM
Long Jump	Boys	1:40 PM	1:50 PM	2:00 PM
Triple Jump	Girls	3:40 PM	4:50 PM	5:00 PM
High Jump	Girls	12:40 PM	12:50 PM	1:00 PM
Pole Vault	Boys	12:40 PM	12:50 PM	1:00 PM

Implement Verification: Girls Discus - 9:30am to 10:30am. Boys Shot - 12:30pm - 1:30pm.

Official's meeting at 10:00am

Coaches meeting at 2:00pm

Running Events	Order	1st Call	Last Call	Event Start
4 X 800m Relay	Girls	3:10 PM	3:20 PM	3:30 PM
	Boys	3:40 PM	3:50 PM	4:00 PM
100m High Hurdles	Girls	4:40 PM	4:50 PM	5:00 PM
110m High Hurdles	Boys	4:50 PM	5:00 PM	5:10 PM
100m Dash	Girls	5:00 PM	5:10 PM	5:20 PM
	Boys	5:10 PM	5:20 PM	5:30 PM
1500m Run	Girls	5:20 PM	5:30 PM	5:40 PM
	Boys	5:35 PM	5:45 PM	5:55 PM
4 x 100m Relay	Unified	5:45 PM	5:55 PM	6:05 PM
	Girls	5:55 PM	6:05 PM	6:15 PM
	Boys	6:05 PM	6:15 PM	6:25 PM
400m Dash	Girls	6:15 PM	6:25 PM	6:35 PM
	Boys	6:25 PM	6:35 PM	6:45 PM
300m Hurdles	Girls	6:40 PM	6:50 PM	7:00 PM
	Boys	6:55 PM	7:05 PM	7:15 PM
800m Run	Girls	7:25 PM	7:35 PM	7:45 PM
	Boys	7:40 PM	7:50 PM	8:00 PM
200m Dash	Girls	7:55 PM	8:05 PM	8:15 PM
	Boys	8:00 PM	8:10 PM	8:20 PM
3000m run	Girls	To be conducted during Finals		
	Boys	To be conducted during Finals		
4 x 400m Relay	Unified	8:25 PM	8:35 PM	8:45 PM
	Girls	8:30 PM	8:40 PM	8:50 PM
	Boys	8:50 PM	9:00 PM	9:10 PM

NOTES: 1) Time Schedule subject to change based on entries

2) Minimum 20 min break after Boys 200m dash