

The Relays at North Gaston 2026 - Meet Information

Thank you for your interest in the **2026 Relays at North Gaston!**

This meet is a continuation of the annual Mountaineer Relays, which have been temporarily relocated this year due to facility renovations.

Please note that this is a **Relay Meet**, *NOT* a traditional Track & Field meet.

Events Not Contested:

There will be **NO**:

- 100m Dash
- 200m Dash
- 400m Dash
- 800m Run
- 1600m Run
- 300m Intermediate Hurdles

General Information

- **Meet Name:** The Relays at North Gaston 2026
- **Timing Provided By:** Pierre Timing
- **Meet Directors:** Hailey Raza-Spearman (KMHS) & Chad Millsaps (NGHS)
- **Site:** North Gaston High School Track
- **Date:** Monday, April 13, 2026
- **Start Time:** 4:00 PM
- [MileSplit Registration](#)

Entry Fee

- UPDATE: NO ENTRY FEE FOR 2026!

Important Notes

-  Bus parking will be directed upon arrival
-  **Coaches' Meeting:** 3:45 PM at the check-in tent
-  **Spike Check:** Only **1/4-inch pyramid spikes** are permitted (*No needles or Christmas tree spikes*)
-  **Entry Limits:**
 - Maximum of **4 athletes per event** and **1 relay team per school**
 - **Shot Put & Discus** expanded to **5 athletes** to support the Throwers 4x100m Relay
-  **Event Workers:** If you have a preference for an event assignment, please email herazaspearman@clevelandcountyschools.org. Otherwise, assignments will be made based on meet needs

Order of Events

3:45 PM - Coaches' Meeting @ Check-In

3:50 PM - Chad Pearson 3200m Run

4:20 PM - 100/110m High Hurdles

4:40 PM - 4x100m Relay

4:55 PM - 4x400m Relay

5:20 PM - 4x200m Relay

5:35 PM - Distance Medley Relay (1200-400-800-1600)

6:10 PM - Throwers 4x100m (*must have a mark in a throwing event*)

6:30 PM - Sprint Medley Relay (100-100-200-400)

6:45 PM - 4x800m Relay

(All times are approximate)



Field Events Information

- All field events will follow an **expanded 5-entry cap** for Shot Put & Discus
- **Long Jump:** Open Pit (3:50 - 5:00 PM)
- **Triple Jump:** Open Pit (5:00 - 5:45 PM)
- **High Jump:** Boys first, followed by Girls
- **Discus:** Girls first, followed by Boys
- **Shot Put:** Boys first, followed by Girls
- **Pole Vault** will be contested separately on Tuesday, April 14 at Kings Mountain High School.

