

BICENTENNIAL ATHLETIC LEAGUE

Track & Field By-Laws

Revised: May 2026 (5/5/26)

APPENDIX A (page 1 of 2)

BICENTENNIAL ATHLETIC LEAGUE

2026 TRACK & FIELD CHAMPIONSHIP MEET

DAY 1 – ORDER of EVENTS

START

TIME	TRACK EVENT	BOYS' or GIRLS'	NOTES
4:30 pm	100m High Hurdles	Girls' Trials	Based solely on time; no semis.
4:40 pm	110m High Hurdles	Boys' Trials	Based solely on time; no semis.
4:50 pm	4x800m Relay	Girls' Final	1 heat final
5:05 pm	4x800m Relay	Boys' Final	1 heat final
5:20 pm	100m Dash	Girls' Trials	Based solely on time; no semis.
5:30 pm	100m Dash	Boys' Trials	Based solely on time; no semis.
5:40 pm	1600m Run	Girls' JV	Non-Scoring
5:50 pm	1600m Run	Boys' JV	Non-Scoring
6:00 pm	400m Run	Girls' JV	Non-Scoring
6:10 pm	400m Run	Boys' JV	Non-Scoring
6:20 pm	800m Run	Girls' JV	Non-Scoring
6:30 pm	800m Run	Boys' JV	Non-Scoring
6:40 pm	200m Dash	Girls' Trials	Based solely on time; no semis.
6:50 pm	200m Dash	Boys' Trials	Based solely on time; no semis.
7:00 pm	3200m Run	Girls' Final	1 heat final
7:15 pm	3200m Run	Boys' Final	1 heat final

START

TIME	FIELD EVENT	BOYS' or GIRLS'	NOTES
4:30 pm	Triple Jump	Girls' Final	Preliminaries, then top 9 finalists will be announced.
4:30 pm	Pole Vault	Boys' Final	8'-0" Opening Height Increments of 6" until 2 competitors remain.
4:30 pm	Javelin	Girls' Final	Preliminaries, then top 9 finalists will be announced.
4:30 pm	Shot Put	Boys' Final	Preliminaries, then top 9 finalists will be announced.

All field events **both days** follow 15 minutes after the completion of the opposite gender event.

~6:00 pm	Triple Jump	Boys' Final	Preliminaries, then the 9 finalists will be announced.
~6:00 pm	Pole Vault	Girls' Final	Follows Boys' Pole Vault 6'-0" Opening Height Increments of 6" until 2 competitors remain.
~6:00 pm	Discus	Girls' Final	Follows Girls' Javelin. Preliminaries, then the 9 finalists will be announced.

Pole Vault, High Jump and Javelin scheduling may change on the days of the meet due to weather.

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BICENTENNIAL ATHLETIC LEAGUE 2026 TRACK & FIELD CHAMPIONSHIP MEET

DAY 2 – ORDER of EVENTS

START

TIME	TRACK EVENT	BOYS' or GIRLS'	NOTES
4:30 pm	300m Int. Hurdles	Girls' Final	No trials. Heats run slowest to fastest.
4:35 pm	300m Int. Hurdles	Boys' Final	No trials. Heats run slowest to fastest.
4:45 pm	100m Dash	Girls' Final	2 heat final
4:50 pm	100m Dash	Boys' Final	2 heat final
4:55 pm	1600m Run	Girls' Final	1 heat final
5:05 pm	1600m Run	Boys' Final	1 heat final
5:20 pm	4x100m Relay	Girls' Final	No trials. Heats run slowest to fastest.
5:25 pm	4x100m Relay	Boys' Final	No trials. Heats run slowest to fastest.
5:30 pm	400m Run	Girls' Final	2 heat final
5:40 pm	400m Run	Boys' Final	2 heat final
5:55 pm	100m High Hurdles	Girls' Final	2 heat final
6:10 pm	110m High Hurdles	Boys' Final	2 heat final
6:25 pm	800m Run	Girls' Final	1 heat final
6:35 pm	800m Run	Boys' Final	1 heat final
6:45 pm	200m Dash	Girls' Final	2 heat final
6:50 pm	200m Dash	Boys' Final	2 heat final
20 MINUTE BREAK (District Entries, League Voting)			
7:10 pm	4x400m Relay	Girls' Final	No trials. Heats run slowest to fastest.
7:20 pm	4x400m Relay	Boys' Final	No trials. Heats run slowest to fastest.

START

TIME	FIELD EVENT	BOYS' or GIRLS'	NOTES
4:30 pm	*Pole Vault	Boys' Final	
5:30 pm	*Pole Vault	Girls' Final	
<i>*Above only if postponed due to bad weather on Day 1</i>			
4:30 pm	Javelin	Boys' Final	Preliminaries, then the 9 finalists will be announced.
4:30 pm	Shot Put	Girls' Final	Preliminaries, then the 9 finalists will be announced.
4:30 pm	High Jump	Girls' Final	4'-0" Opening Height Increments of 2" until 2 competitors remain.
4:30 pm	Long Jump	Boys' Final	Preliminaries, then the 9 finalists will be announced.

All field events **both days** follow 15 minutes after the completion of the opposite gender event.

~6:00 pm	High Jump	Boys' Final	Follows Girls' High Jump 4'-10" Opening Height Increments of 2" until 2 competitors remain.
~6:00 pm	Long Jump	Girls' Final	Preliminaries, then top 9 finalists will be announced.
~6:00 pm	Discus	Boys' Final	Follows Boys' Javelin. Preliminaries, then top 9 finalists will be announced.

*Pole Vault, High Jump and Javelin scheduling may change on the days of the meet due to weather.