



2026 REGION I-3A & II-1A TRACK & FIELD CHAMPIONSHIPS

MAY 1-2 | ELMER GRAY STADIUM | ABILENE CHRISTIAN UNIVERSITY

FRIDAY, MAY 1

Session 1 - 3200m & Running Prelims - Rolling Schedule - 1A G/B, 3A G/B

4:00 PM	3200m Run - FINAL	GIRLS / BOYS
	<i>Track open for relay handoffs after 3200m until 6:15 PM</i>	
6:30 PM	4 x 100m RELAY	GIRLS / BOYS
	100m HURDLES	GIRLS
	110m HURDLES	BOYS
	100m DASH	GIRLS / BOYS
	4 x 200m RELAY	GIRLS / BOYS
	400m DASH	GIRLS / BOYS
	300m HURDLES	GIRLS / BOYS
	200m DASH	GIRLS / BOYS
	<i>--- 20 MINUTE BREAK TO SIMULATE 1600m RUN ---</i>	
	4 x 400m RELAY	GIRLS / BOYS

SATURDAY, MAY 2

Session 2 - Field Events

9:00 AM	3A	Pole Vault	GIRLS
	3A	Triple Jump	BOYS
	3A	Shot Put	GIRLS
	1A	Long Jump	GIRLS
	1A	High Jump	BOYS
	1A	Discus Throw	BOYS
11:00 AM	3A	Pole Vault	BOYS (or 1 hour after G PV)
	3A	Triple Jump	GIRLS
	3A	Shot Put	BOYS
	1A	Long Jump	BOYS
	1A	High Jump	GIRLS
	1A	Discus Throw	GIRLS





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SATURDAY, MAY 2

Session 2 - Field Events (continued)

1:00 PM	3A	High Jump	GIRLS
	3A	Long Jump	BOYS
	3A	Discus Throw	GIRLS
	1A	Pole Vault	GIRLS (or 1 hour after B PV)
	1A	Triple Jump	GIRLS
	1A	Shot Put	BOYS
3:00 PM	3A	High Jump	BOYS
	3A	Long Jump	GIRLS
	3A	Discus Throw	BOYS
	1A	Pole Vault	BOYS (or 1 hour after G PV)
	1A	Triple Jump	BOYS
	1A	Shot Put	GIRLS

Session 3 - Running Finals (schools will compete in the order 1A, 3A)

6:30 PM	4 x 100m RELAY	GIRLS / BOYS
6:50 PM	800m RUN	GIRLS / BOYS
7:15 PM	100m HURDLES	GIRLS
7:25 PM	110m HURDLES	BOYS
7:35 PM	100m DASH	GIRLS / BOYS
8:10 PM	4 x 200m RELAY	GIRLS / BOYS
8:30 PM	400m DASH	GIRLS / BOYS
9:05 PM	300m HURDLES	GIRLS / BOYS
9:25 PM	200m DASH	GIRLS / BOYS
9:45 PM	1600m RUN	GIRLS / BOYS
10:15 PM	4 x 400m RELAY	GIRLS / BOYS

~10:40 PM Regional Championship Team Trophy Presentations

Awards will be handed out immediately after the conclusion of each event on the infield

