

2026 CAPITAL VALLEY CONFERENCE TRACK AND FIELD PRELIMS - Schedule of Events

Wednesday, May 6

ORDER OF PRELIM TRACK EVENTS

Beginning at 2:00 PM

<u>Event No.</u>	<u>Event</u>
1.	100 Meter Hurdles - Frosh/Soph Girls' (33")
2.	100 Meter Hurdles - Varsity Girls' (33")
3.	110 Meter Int. Hurdles - Frosh/Soph Boys' (36")
4.	110 Meter High Hurdles - Varsity Boys' (39")
5.	400 Meters - Frosh/Soph Girls'
6.	400 Meters - Frosh/Soph Boys'
7.	400 Meters - Varsity Girls'
8.	400 Meters - Varsity Boys'
9.	100 Meters - Frosh/Soph Girls'
10.	100 Meters - Frosh/Soph Boys'
11.	100 Meters - Varsity Girls'
12.	100 Meters - Varsity Boys'
13.	300 Meter Low Hurdles - Frosh/Soph Girls' (30")
14.	300 Meter Low Hurdles - Varsity Girls' (30")
15.	300 Meter Low Hurdles - Frosh/Soph Boys' (33")
16.	300 Meter Int. Hurdles - Varsity Boys' (36")
17.	800 Meters Frosh/Soph Girls'
18.	800 Meters Frosh/Soph Boys'
19.	800 Meters - Varsity Girls'
20.	800 Meters - Varsity Boys'
21.	200 Meters - Frosh/Soph Girls'
22.	200 Meters - Frosh/Soph Boys'
23.	200 Meters - Varsity Girls'
24.	200 Meters - Varsity Boys'
25.	3200 Meters - Frosh/Soph Girls'
26.	3200 Meters - Frosh/Soph Boys'
27.	4 x 800 Relay - Frosh/Soph Girls'
28.	4 x 800 Relay - Frosh/Soph Boys'
29.	4 x 800 Relay - Varsity Girls'
30.	4 x 800 Relay - Varsity Boys'

ORDER OF FIELD EVENTS

Beginning at 2:00 PM

<u>Event</u>	<u>Time</u>
Long Jump	
Varsity Boys'	2:00 PM
Varsity Girls'	After VB
Triple Jump	
Frosh/Soph Girls'	2:00 PM
Frosh/Soph Boys'	After FSG
High Jump	
Frosh/Soph Boys'	2:00 PM
Frosh/Soph Girls'	After FSB
Pole Vault	
Varsity Girls'	2:00 PM
Varsity Boys'	After VG
Shot Put	
Varsity Boys'	2:00 PM
Varsity Girls'	After VB
Discus	
Frosh/Soph Girls'	2:00 PM
Frosh/Soph Boys'	After FSG

All of the above field events will conduct prelims and finals on **May 6**

2026 CAPITAL VALLEY CONFERENCE TRACK AND FIELD FINALS - Schedule of Events

Friday, May 8

ORDER OF FINALS TRACK EVENTS

Beginning at 4:00 PM

<u>Event No.</u>	<u>Event</u>	<u>Time</u>
1.	100 Meter Hurdles - Frosh/Soph Girls (33")	
2.	100 Meter Hurdles - Varsity Girls (33")	
3.	110 Meter Int. Hurdles - Frosh/Soph Boys (36")	
4.	110 Meter High Hurdles - Varsity Boys (39")	
5.	1600 Meters - Frosh/Soph Girls	
6.	1600 Meters - Frosh/Soph Boys	
7.	400 Meter Relay - Unified	
8.	400 Meter Relay - Frosh/Soph Girls	
9.	400 Meter Relay - Frosh/Soph Boys	
10.	400 Meter Relay - Varsity Girls	
11.	400 Meter Relay - Varsity Boys	
12.	1600 Meters - Varsity Girls	
13.	1600 Meters - Varsity Boys	
14.	400 Meters - Frosh/Soph Girls	
15.	400 Meters - Frosh/Soph Boys	
16.	400 Meters - Varsity Girls	
17.	400 Meters - Varsity Boys	
18.	100 Meters - Unified	
19.	100 Meters - Frosh/Soph Girls	
20.	100 Meters - Frosh/Soph Boys	
21.	100 Meters - Varsity Girls	
22.	100 Meters - Varsity Boys	
23.	300 Meter Low Hurdles - Frosh/Soph Girls (30")	
24.	300 Meter Low Hurdles - Varsity Girls (30")	
25.	300 Meter Low Hurdles - Frosh/Soph Boys (33")	
26.	300 Meter Int. Hurdles - Varsity Boys (36")	
27.	800 Meters Frosh/Soph Girls	
28.	800 Meters Frosh/Soph Boys	
29.	800 Meters - Varsity Girls	
30.	800 Meters - Varsity Boys	
31.	200 Meters - Frosh/Soph Girls	
32.	200 Meters - Frosh/Soph Boys	
33.	200 Meters - Varsity Girls	
34.	200 Meters - Varsity Boys	
35.	3200 Meters - Varsity Girls	
36.	3200 Meters - Varsity Boys	
37.	1600 Meter Relay - Frosh/Soph Girls	
38.	1600 Meter Relay - Frosh/Soph Boys	
39.	1600 Meter Relay - Varsity Girls	
40.	1600 Meter Relay - Varsity Boys	

ORDER OF FIELD EVENTS

Beginning at 2:00 PM

<u>Event</u>	<u>Time</u>
Long Jump	
Frosh/Soph Boys	2:00 PM
Unified Long Jump	With FSG
Frosh/Soph Girls	After FSB
Triple Jump	
Varsity Boys	2:00 PM
Varsity Girls	After VB
High Jump	
Varsity Girls	2:00 PM
Varsity Boys	After VG
Pole Vault	
Frosh/Soph Girls	2:00 PM
Frosh/Soph Boys	After FSG
Shot Put	
Unified Shot Put	With FSB
Frosh/Soph Boys	2:00 PM
Frosh/Soph Girls	After FSB
Discus	
Varsity Boys	2:00 PM
Varsity Girls	After VB

All of the above field events will conduct prelims and finals on **May 8**