

**Region 10 Track & Field Championships 2026
East High School
Schedule of Events**

Wednesday, May 6th

Field Events: All Finals

**2:00 Girls Javelin
Boys High Jump
Girls Long Jump**

**3:30 Boys Discus
Girls Shot Put**

3:30 Track Events

**4 X 800 M Relay Finals
Girls 100 Hurdles Trials
Boys 110 Hurdles Trials
100 Meter Dash Trials
4 X 200 M Relay Finals
1600 Meter Run Finals
400 Meter Dash Trials
300 Meter Hurdles Trials
200 Meter Dash Trials**

Field Events: All Finals

**2:00 Boys Javelin
Girls High Jump
Boys Long Jump**

**3:30 Girls Discus
Boys Shot Put**

3:30 Track Events

**3200 Meter Run Finals (Heat 1)
Girls 100 Hurdles Finals
Boys 110 Hurdles Finals
100 Meter Dash Finals
Academic All-Region Awards
4 x 100 Meter Relay Finals
400 Meter Dash Finals
300 Meter Hurdles Finals
800 Meter Dash Finals
200 Meter Dash Finals
3200 Meter Run Finals (Heat 2)
4 x 400 Meter Relay Final**

Thursday, May 7th