

2026 DIX Track and Field Championships

AAA and AA TENTATIVE TIME SCHEDULE

TRACK EVENTS

Note: There are no preliminary races for AAA

AA				TIME
GIRLS	100M	HURDLES	PRELIMINARY	2:00
BOYS	100M	HURDLES	PRELIMINARY	2:15

GIRLS	100M	DASH	PRELIMINARY	2:25
BOYS	110M	DASH	PRELIMINARY	2:35

AAA/ AA

GIRLS	4 X 800M	RELAY	FINAL	2:45
BOYS	4 X 800M	RELAY	FINAL	3:15

GIRLS	100M	HURDLES	FINAL	3:45
BOYS	110M	HURDLES	FINAL	3:55

GIRLS	100M	DASH	FINAL	4:05
BOYS	100M	DASH	FINAL	4:10

GIRLS	1600M	RUN	FINAL	4:15
BOYS	1600M	RUN	FINAL	4:30

GIRLS	4 X 100M	RELAY	FINAL	4:45
BOYS	4 X 100M	RELAY	FINAL	4:55

GIRLS	400M	DASH	FINAL	5:10
BOYS	400M	DASH	FINAL	5:25

GIRLS	300M	HURDLES	FINAL	5:45
BOYS	300M	HURDLES	FINAL	6:00

GIRLS	800M	RUN	FINAL	6:15
BOYS	800M	RUN	FINAL	6:25

GIRLS	200M	DASH	FINAL	6:35
BOYS	200M	DASH	FINAL	6:45

GIRLS	3200	RUN	FINAL	6:55
BOYS	3200	RUN	FINAL	7:25

GIRLS	4 X 400M	RELAY	FINAL	7:45
BOYS	4 X 400M	RELAY	FINAL	8:10

AFTER FINAL EVENT

Remaining individual awards, James Manners Awards, and Team Championship Awards will be given.

FIELD EVENTS

		AAA	AA
GIRLS	POLE VAULT	4:30	1:30
BOYS	POLE VAULT	4:30	1:30

POLE VAULT IS HELD ON THE NORTH END OF THE TRACK

		AAA	AA
GIRLS	SHOT PUT	1:00	2:30
	DISCUS - (LOWER DISCUS PAD)	2:30	4:00
	JAVELIN	4:45	6:00

		AAA	AA
BOYS	SHOT PUT	4:30	6:00
	DISCUS- PAD NEAR JAVELIN	1:00	1:00
	JAVELIN	2:15	3:30

JUMPING EVENTS

		AAA	AA
GIRLS	HIGH JUMP	12:30	12:30
	LONG JUMP	4:30	2:30
	TRIPLE JUMP	2:30	3:30

		AAA	AA
BOYS	HIGH JUMP	12:30	1:45
	LONG JUMP	6:00	3:30
	TRIPLE JUMP	4:30	6:00