



REGION 16 YOUTH ATHLETICS ASSOCIATION

2026 PRACTICE MEET SCHEDULE Team Elite Track Meet 5/30/26

Running Events

8:00	3000m Run	(11-18 year old G&B)
8:30	Coaches Meeting	
8:45	80m Hurdles	(11-12 year old G&B-30")
9:00	100m Hurdles	(13-14 year old G-30", 13-14 year old B & 15-18 year old G-33")
9:15	110m Hurdles	(15-18 year old B-39")
9:45	4x100m Relay	(8U-18 year old G&B)
10:30	1500m Run	(8U-18 year old G&B)
11:00	100m Dash	(8U-18 year old G&B)
12:00	4x800m Relay/Break	(11-18 year old G&B)
12:30	400m Dash	(8U-18 year old G&B)
1:30	200m Hurdles	(13-14 year old G&B-30")
1:45	400m Hurdles	(15-18 year old G-30", 15-18 year old B-36")
2:00	1500m & 3000m Race-walk	(11-18 year old G&B)
2:30	200m Dash	(8U-18 year old G&B)
3:30	800m Run	(8U-18 year old G&B)
4:00	4X400m Relay	(9-18 year old G&B)

FIELD EVENTS

8:30	BHJ, GLJ, B Discus, GSP
10:30	GHJ, BLJ, G Discus, BSP
10:30	GPV, BPV (13-18 year old)
11:30	G Turbo Javelin, B Turbo Javelin (8 & under-12 year old)
12:00	G Javelin, B Javelin (13-18 year old)
12:00	GTJ (13-18 year old)
1:30	BTJ (13-18 year old)

- AAU ribbons will be awarded for 1st through 8th places.
- Venues with 2 Long Jump Pits will jump the younger age group on one pit & older age group on the 2nd pit. The age division location will be determined based upon the number of jumpers entered.

This is a rolling schedule. The only firm times are the starting times.