



REGION 16 YOUTH ATHLETICS ASSOCIATION

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**AR AAU TRACK & FIELD  
2026 PRACTICE MEET SCHEDULE  
4/25, 5/2, 5/9, 5/16, 5/23**

**Running Events**

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

**FIELD EVENTS**

**9:00** BHJ, GLJ, BDiscus, GSP, BPV

**11:00** GHJ, BLJ, GDiscus, BSP, GPV

**1:00** GTJ (13 – 18 year old), BTurbo Jav/Jav (5-12 year old)

**2:00** BTJ (13 – 18 year old), GTurbo Jav/Jav (5-12 year old)

- Medals will be awarded for 1st - 3rd place and ribbons for 4th through 8<sup>th</sup> places. Times are subject to change. **This is a rolling schedule.**
- Venues with 2 Long Jump Pits will jump the younger age group on one pit & older age group on the 2<sup>nd</sup> pit. The age division location will be determined based upon the number of jumpers entered.