



Date: May 1st, 2026

Timing Company: Wayzata Results: Josh Gerber - josh@wayzatarresults.com.

Check In: Hip Numbers will be collected at the middle of the field

Implements: All implements must be weighed in 15 minutes prior to the start of the first throwing event. Weigh Ins will open 1 hour before the start of the first throwing event at the West End

Pole Vault Heights :

Men - 3.50, 65, 80, 95, 4.10...

Women - 2.69, 84, 99, 3:14...

High Jump Heights :

Women - 1.31, 36, 41, 46...

Men - 1.53, 58, 63, 68...

2026 TIME SCHEDULE BELOW

Track Event	Men first, Women second, Fast to Slower Heats
4 x 100	4:00 & 4:05
Steeplechase	4:10 & 4:25
110/100 Hurdles	4:45 & 4:55
400	5:05 & 5:15
100	5:25 & 5:35
800	5:50 & 6:07
400 Hurdles	6:30 & 6:40
200	6:50 & 7:05
1500	7:20 & 7:40
4 x 400	8:05 & 8:10
5000	8:20 & 8:40

Field Event	Shortest to Longest
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LJ - 4 pm	Men's First(Flights), Women's Second(Flights - 30 mins after ends)
TJ - 4 pm	Women's First(Flight), Men's Second(Flights - 30 mins after the Men's LJ Completes)
Pole Vault - 3 pm	Men's First, Women's Second(60 mins after)
HJ - 4 pm	Women's First, Men's Second(30 mins after)
Shot Put - 4:30 pm (est 6:15 PM)	Women's First(Flights), Men's Second(Flights - 30 mins after) - Main Field
Javelin - 4:30 pm (est 5:45 PM)	Men's First(Flights), Women's Second(Flights - 30 mins after) - Patterson
Hammer - 3 pm (est 5:45)	Women's First (Flights), Men's Second(Flights - 30 mins after) - Main Field
Discus - 3:30 pm (est 5:30)	Men's First(Flights), Women's Second(Flights - 30 mins after) - Patterson