

South Bay Champs 2026

Friday April 17 - Saturday April 18

These are APPROXIMATE times. We will be on a rolling schedule. We will run ahead of schedule if possible.

(Fastest to slowest for unlimited entry 100m heats, slow to fast for open 1600s)

Friday Evening

Time	Event	Heat
4:30	G Unlimited 100s	Visitors Side (1-12)
4:30	B Unlimited 100s	Home Side (1-16)
After Girls	B Unlimited 100s	Visitors Side (17-20)
5:20	Girls 3200m	1
5:40	Girls 4x100m	1
5:43	Girls 4x100m	2
5:46	Boys 4x100m	1
5:49	Boys 4x100m	2
5:57	Boys 3200m	1
6:14	Boys 110H	1
6:17	Boys 110H	2
6:20	Boys 110H	3
6:24	Girls 100H	1
6:27	Girls 100H	2
6:30	Girls 100H	3
6:34	Girls 400m	1
6:37	Girls 400m	2
6:40	Girls 400m	3
6:43	Boys 400m	1
6:46	Boys 400m	2
6:49	Boys 400m	3
6:55	Girls 100m	1
6:57	Girls 100m	2
6:59	Girls 100m	3
7:01	Girls 100m	4
7:03	Girls 100m	5
7:05	Boys 100m	1
7:07	Boys 100m	2
7:09	Boys 100m	3
7:11	Boys 100m	4
7:13	Boys 100m	5
7:18	Girls 800m	1
7:22	Girls 800m	2
7:26	Girls 800m	3
7:29	Boys 800m	1
7:33	Boys 800m	2
7:36	Boys 800m	3
7:43	Girls 300h	1
7:46	Girls 300h	2
7:49	Girls 300h	3
7:52	Boys 300h	1
7:55	Boys 300h	2
7:58	Boys 300h	3
8:06	Girls 200m	1
8:09	Girls 200m	2
8:12	Girls 200m	3
8:15	Boys 200m	1
8:18	Boys 200m	2
8:21	Boys 200m	3
8:26	Girls 1600m	1
8:34	Girls 1600m	2
8:41	Girls 1600m	3
8:48	Boys 1600m	1
8:54	Boys 1600m	2
9:00	Boys 1600m	3
9:08	Girls 4x400m	1
9:14	Girls 4x400m	2
9:20	Boys 4x400m	1
9:26	Boys 4x400m	2

Friday Field Events

4:30	High Jump	Girls
After Girls	High Jump	Boys
4:30	Long Jump #1	Boys
4:30	Long Jump #1	Girls
6:00	Long Jump #2	Boys
6:00	Long Jump #2	Girls
7:30	Triple Jump	Boys
7:30	Triple Jump	Girls

Saturday Morning

Time	Event	Heat
10:00	Girls 4x800 Relay	1
10:12	Boys Open 1600	1
10:21	Boys Open 1600	2
10:28	Boys Open 1600	3
10:35	Boys Open 1600	4
10:42	Boys Open 1600	5
10:48	Boys Open 1600	6
10:54	Boys Open 1600	7
11:00	Girls Open 1600	1

Saturday Morning Field Events

10:00	Pole Vault	FS Girls
After FSG	Pole Vault	FS Boys
After FSB	Pole Vault	V Girls
After VG	Pole Vault	V Boys
10:00	Discus	FS Boys (2)
After FSB	Discus	V Boys (2)
After VB	Discus	FS Girls (2)
After FSG	Discus	V Girls (2)
10:00	Shot Put	FS Girls (3)
After FSG	Shot Put	V Girls (3)
After VG	Shot Put	FS Boys (4)
After FSB	Shot Put	V Boys (6)

Saturday Evening

Time	Event	Heat
4:30	G Unlimited 100s	Home Side (1-11)
4:30	B Unlimited 100s	Visitors Side (1-15)
After Girls	B Unlimited 100s	Home Side (16-18)
5:30	Open Mile (over 6:00)	1
5:40	Open Mile (under 6:00)	1
5:50	Girls 3200m	1
6:07	Girls 4x100m	1
6:10	Girls 4x100m	2
6:13	Boys 4x100m	1
6:16	Boys 4x100m	2
6:18	Boys 3200m	1
6:33	Boys 110H	1
6:36	Boys 110H	2
6:40	Girls 100H	1
6:43	Girls 100H	2
6:49	Girls 400m	1
6:52	Girls 400m	2
6:55	Girls 400m	3
6:58	Boys 400m	1
7:01	Boys 400m	2
7:04	Boys 400m	3
7:10	Girls 100m	1
7:12	Girls 100m	2
7:14	Girls 100m	3
7:16	Girls 100m	4
7:18	Girls 100m	5
7:20	Boys 100m	1
7:22	Boys 100m	2
7:24	Boys 100m	3
7:26	Boys 100m	4
7:28	Boys 100m	5
7:33	Girls 800m	1
7:37	Girls 800m	2
7:41	Girls 800m	3
7:45	Boys 800m	1
7:48	Boys 800m	2
7:51	Boys 800m	3
7:58	Girls 300h	1
8:01	Girls 300h	2
8:04	Girls 300h	3
8:07	Boys 300h	1
8:10	Boys 300h	2
8:13	Boys 300h	3
8:19	Girls 200m	1
8:22	Girls 200m	2
8:25	Girls 200m	3
8:28	Boys 200m	1
8:31	Boys 200m	2
8:34	Boys 200m	3
8:37	Girls 1600m	1
8:45	Girls 1600m	2
8:52	Girls 1600m	3
8:59	Boys 1600m	1
9:05	Boys 1600m	2
9:12	Boys 1600m	3
9:18	Girls 4x400m	1
9:24	Girls 4x400m	2
9:30	Boys 4x400m	1
9:36	Boys 4x400m	2

Saturday Field Events

5:00	High Jump	Girls
After Girls	High Jump	Boys
5:00	Long Jump #1	Boys
5:00	Long Jump #1	Girls
6:30	Long Jump #2	Boys
6:30	Long Jump #2	Girls
8:00	Triple Jump	Boys
8:00	Triple Jump	Girls