

**2026 JEFFCO NON-QUALIFYING  
TRACK AND FIELD MEET  
JEFFCO STADIUM**

- DATE: **Wednesday, March 18, 2026**--Running and Field Events will start at 3:30PM.
- TEAMS: Alameda, Arvada, Chatfield, Conifer, D'Evelyn, Evergreen, Green Mountain, Littleton, Ralston Valley, Wheat Ridge.
- RESTRICTED AREA: The discus, and shot sectors are restricted areas for coaches.
- ADDITIONAL INFORMATION
1. Entry into the stadium is \$6.00
  2. 1/8th inch spikes only, no spikes in the stands
  3. Field event participants need to report to their site.
  4. Running events need to report to the clerk at the southwest corner of the track.
  5. A trainer will be available during the meet.
  6. Starting blocks will be provided but each school must provide it's own batons.
  7. Please take care of your own trash in your area.
  9. Clothing rules will be enforced.

**ORDER OF EVENTS**

Running Events: 3:30 Start (Women will run first, followed by the men).

**THIS MEET WILL HAVE A ROLLING SCHEDULE**

3200 Meter Relay (4x800)  
100 Meter Hurdles – women  
110 Meter Hurdles – men  
100 Meters  
800 Meter. Relay (4x200)  
1600 Meter Run  
400 Meter Relay (4x100)  
400 Meter run  
300 Meter Hurdles  
800 Meter Run  
200 Meters  
3200 Meter Run  
1600 Meter Relay (4x400)

Field Events: 3:30 Start – Three attempts, no finals

Long Jump – Women are first followed by the Men  
Triple Jump – Men are first followed by the Women  
Shot Put– Women are first followed by the Men  
Discus - Men are first followed by the Women  
High Jump-North Pit – Men  
High Jump – South Pit - Women  
Pole Vault –South End – Women are first followed by the Men