

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

DATE: **Wednesday, March 11, 2026**--Running and Field Events will start at 3:30PM.

TEAMS: Arvada, Chatfield, Columbine, Conifer, Dakota Ridge, Green Mountain, Jefferson, Pomona, Valor, 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