

Middle School Sports Track & Field - Meet Schedule 2026

Clinic/Exhibition - *No data/time/results tracked*

Field Event Clinic

Thursday, May 7, 4:30-6:00 p.m. - Thurston High School

Instructed by notable coaches and college athletes, this clinic is intended to develop proper techniques and form for our athletes to become comfortable with field events.

Running Event Exhibition

Thursday, May 7, 4:30-6:00 p.m. - Hamlin Middle School 326 Centennial Blvd.

Exhibition Meets are intended for practice and preparation to get athletes accustomed to the environment of competition day. Events will vary.

District Meets - *All 4 schools compete, time & results will be recorded*

Location: Hamlin Middle School - 326 Centennial Blvd.

Thursday, May 14, 4:30-6:00 p.m.

Location: Hamlin Middle School - 326 Centennial Blvd.

Thursday, May 21, 4:30-6:00 p.m.

Location: Hamlin Middle School - 326 Centennial Blvd.

Thursday, May 28, 4:30-6:00 p.m.

Track Events

4 x 100m Relay

1500m

100m

400m

200m

Field Events

Shotput

Discus

Javelin

4 x 400m Relay

*Shotput Weights: 6th grade boys and 7-8th grade girls- 6lb, 7/8th grade boys- 8.8lb

*Discus Weight: 1kg

TurboJav Weight: 300g