

2026 MCAL TRACK FIELD CHAMPIONSHIP SCHEDULE

MAY 7 AND 9, SAN RAFAEL HIGH SCHOOL

TRACK EVENTS

THURSDAY, MAY 7 (QUALIFYING)

5PM START (ROLLING SCHEDULE)

Girls 4x100 Meter Relay

Boys 4x100 Meter Relay

Girls 1600 Meter Run

Boys 1600 Meter Run

Girls 100 Meter Hurdles 33"

Boys 110 Meter Hurdles 39"

Girls 400 Meter Dash

Boys 400 Meter Dash

Girls 100 Meter Dash

Boys 100 Meter Dash

Girls 800 Meter Run

Boys 800 Meter Run

Girls 300 Meter Hurdles

Boys 300 Meter Hurdles

Girls 200 Meter Dash

Boys 200 Meter Dash

Girls 4x800 Meter Relay Finals**

Boys 4x800 Meter Relay Finals**

SATURDAY, MAY 9 (FINALS)

10:50 AM Unified 4x100 Meter Relay

11:00 AM Girls 4x100 Meter Relay

11:07 AM Boys 4x100 Meter Relay

11:14 AM Girls 1600 Meter Run

11:24 AM Boys 1600 Meter Run

11:34 AM Girls 100 Meter Hurdles 33" (H1)

11:42 AM Girls 100 Meter Hurdles 33" (H2)

11:50 AM Boys 110 Meter Hurdles 39" (H1)

11:58 AM Boys 110 Meter Hurdles 39" (H2)

12:06 PM Girls 400 Meter Dash (Heat 1)

12:13 AM Girls 400 Meter Dash (Heat 2)

12:20 PM Boys 400 Meter Dash (Heat 1)

12:27 PM Boys 400 Meter Dash (Heat 2)

12:34 PM Unified 100 Meter Dash

12:44 PM Girls 100 Meter Dash (Heat 1)

12:49 PM Girls 100 Meter Dash (Heat 2)

12:54 PM Boys 100 Meter Dash (Heat 1)

12:59 PM Boys 100 Meter Dash (Heat 2)

1:05 PM Girls 800 Meter Run

1:12 PM Boys 800 Meter Run

1:19 PM Girls 300 Meter Hurdles 30" (H1)

1:24 PM Girls 300 Meter Hurdles 30" (H2)

1:29 PM Boys 300 Meter Hurdles 36" (H1)

1:34 PM Boys 300 Meter Hurdles 36" (H2)

1:39 PM Girls 200 Meter Dash (Heat 1)

1:44 PM Girls 200 Meter Dash (Heat 2)

1:49 PM Boys 200 Meter Dash (Heat 1)

1:54 PM Boys 200 Meter Dash (Heat 2)

1:59 PM Girls 3200 Meter Run

2:15 PM Boys 3200 Meter Run

2:25 PM Girls 4x400 Meter Relay

2:30 PM Boys 4x400 Meter Relay

FIELD EVENTS (ALL FINALS)

THURSDAY, MAY 7

2PM – Boys Pole Vault

3PM – Girls Long Jump/Boys Triple Jump

3PM – Boys Discus then Girls Discus

3PM – Girls High Jump

SATURDAY, MAY 9

9AM – Girls Pole Vault

9AM – Boys Long Jump/Girls Triple Jump

9AM – Boys Shot Put then Girls Shot Put

9AM – Boys High Jump

11AM – Unified Long Jump and Shot Put