



**IOWA HIGH SCHOOL ATHLETIC ASSOCIATION
IOWA HIGH SCHOOL GIRLS ATHLETIC UNION**



2026 STATE TRACK AND FIELD MEET SCHEDULE

THURSDAY, MAY 21

Posted times are approximate. The most we will run ahead is 15 minutes unless incoming weather requires the meet to continue to roll ahead of the posted time schedule. The afternoon session on both Thursday and Friday will not start prior to 2:40 p.m.

CLASS 1A AND 4A RUNNING EVENTS

- 9:00 a.m. Shuttle Hurdle Relay preliminary - girls 1A
- 9:20 a.m. Shuttle Hurdle Relay preliminary - girls 4A
- 9:40 a.m. 3000 Meter Run final - girls 1A
- 9:55 a.m. 3000 Meter Run final - girls 4A
- 10:10 a.m. 3200 Meter Run - boys 1A
- 10:25 a.m. 3200 Meter Run - boys 4A
- 10:40 a.m. 200 Meter Dash preliminary - girls 1A
- 10:50 a.m. 200 Meter Dash preliminary - girls 4A
- 11:00 a.m. 200 Meter Dash preliminary - boys 1A
- 11:10 a.m. 200 Meter Dash preliminary - boys 4A
- 11:20 a.m. 4 X 800 Meter Relay final - girls 1A
- 11:45 a.m. 4 X 800 Meter Relay final - girls 4A
- 12:10 p.m. 4 X 800 Meter Relay final - boys 1A
- 12:30 p.m. 4 X 800 Meter Relay final - boys 4A
- 12:50 p.m. 100 Meter Dash preliminary - girls 1A
- 12:58 p.m. 100 Meter Dash preliminary - girls 4A
- 1:05 p.m. 100 Meter Dash preliminary - boys 1A
- 1:13 p.m. 100 Meter Dash preliminary - boys 4A
- 1:20 p.m. 400 Meter Dash final - girls 1A
- 1:30 p.m. 400 Meter Dash final - girls 4A
- 1:40 p.m. 400 Meter Dash final - boys 1A
- 1:50 p.m. 400 Meter Dash final - boys 4A
- 2:00 p.m. 400 Meter Dash Ambulatory – girls/boys
- 2:05 p.m. Shuttle Hurdle Relay preliminary - boys 1A
- 2:25 p.m. Shuttle Hurdle Relay preliminary - boys 4A

CLASS 1A AND CLASS 4A FIELD EVENTS

- 9:00 a.m. Shot - girls 1A
- Discus - girls 4A
- Long Jump - boys 1A
- High Jump - boys 4A
- 11:30 a.m. Shot - boys 1A
- Discus - boys 4A
- Long Jump - girls 1A
- High Jump - girls 4A

CLASS 2A AND 3A RUNNING EVENTS

- 2:40 p.m. Shuttle Hurdle Relay preliminary - boys 2A
- 3:00 p.m. Shuttle Hurdle Relay preliminary - boys 3A
- 3:20 p.m. 3000 Meter Run final - girls 2A
- 3:35 p.m. 3000 Meter Run final - girls 3A
- 3:50 p.m. 3200 Meter Run final - boys 2A
- 4:05 p.m. 3200 Meter Run final - boys 3A
- 4:20 p.m. 200 Meter Dash preliminary - girls 2A
- 4:30 p.m. 200 Meter Dash preliminary - girls 3A
- 4:40 p.m. 200 Meter Dash preliminary - boys 2A
- 4:50 p.m. 200 Meter Dash preliminary - boys 3A
- 5:00 p.m. 4 X 800 Meter Relay final - girls 2A
- 5:25 p.m. 4 X 800 Meter Relay final - girls 3A
- 5:50 p.m. 4 X 800 Meter Relay final - boys 2A
- 6:10 p.m. 4 X 800 Meter Relay final - boys 3A
- 6:30 p.m. 100 Meter Dash preliminary - girls 2A
- 6:38 p.m. 100 Meter Dash preliminary - girls 3A
- 6:45 p.m. 100 Meter Dash preliminary - boys 2A
- 6:53 p.m. 100 Meter Dash preliminary - boys 3A
- 7:00 p.m. 400 Meter Dash final - girls 2A
- 7:10 p.m. 400 Meter Dash final - girls 3A
- 7:20 p.m. 400 Meter Dash final - boys 2A
- 7:30 p.m. 400 Meter Dash final - boys 3A
- 7:40 p.m. Shuttle Hurdle Relay preliminary - girls 2A
- 8:00 p.m. Shuttle Hurdle Relay preliminary - girls 3A

CLASS 2A AND CLASS 3A FIELD EVENTS

- 2:00 p.m. Shot - girls 2A
- Discus - girls 3A
- Long Jump - boys 2A
- High Jump - boys 3A
- 4:30 p.m. Shot - boys 2A
- Discus - boys 3A
- Long Jump - girls 2A
- High Jump - girls 3A



**IOWA HIGH SCHOOL ATHLETIC ASSOCIATION
IOWA HIGH SCHOOL GIRLS ATHLETIC UNION**



2026 STATE TRACK AND FIELD MEET SCHEDULE

FRIDAY, MAY 22

Posted times are approximate. The most we will run ahead is 15 minutes unless incoming weather requires the meet to continue to roll ahead of the posted time schedule. The afternoon session on both Thursday and Friday will not start prior to 2:40 p.m.

CLASS 1A AND 4A RUNNING EVENTS

- 9:00 a.m. Distance Medley Relay final - girls 1A
- 9:20 a.m. Distance Medley Relay final - girls 4A
- 9:40 a.m. Distance Medley Relay final - boys 1A
- 10:00 p.m. Distance Medley Relay final - boys 4A
- 10:20 a.m. 100 Meter Hurdles preliminary - girls 1A
- 10:30 a.m. 100 Meter Hurdles preliminary - girls 4A
- 10:40 a.m. 110 Meter Hurdles preliminary - boys 1A
- 10:50 a.m. 110 Meter Hurdles preliminary - boys 4A
- 11:00 a.m. 4 X 200 Meter Relay final - girls 1A
- 11:15 a.m. 4 X 200 Meter Relay final - girls 4A
- 11:30 a.m. 4 X 200 Meter Relay final - boys 1A
- 11:45 a.m. 4 X 200 Meter Relay final - boys 4A
- 12:00 p.m. 400 Meter Hurdles final - girls 1A
- 12:10 p.m. 400 Meter Hurdles final - girls 4A
- 12:20 p.m. 400 Meter Hurdles final - boys 1A
- 12:30 p.m. 400 Meter Hurdles final - boys 4A
- 12:40 p.m. 4 X 100 Meter Relay preliminary - girls 1A
- 12:48 p.m. 4 X 100 Meter Relay preliminary - girls 4A
- 12:55 p.m. 4 X 100 Meter Relay preliminary - boys 1A
- 1:03 p.m. 4 X 100 Meter Relay preliminary - boys 4A
- 1:10 p.m. Wheelchair Calibration/Warm-up
- 1:20 p.m. 4 X 400 Meter Relay preliminary - girls 1A
- 1:35 p.m. 4 X 400 Meter Relay preliminary - girls 4A
- 1:50 p.m. 4 X 400 Meter Relay preliminary - boys 1A
- 2:05 p.m. 4 X 400 Meter Relay preliminary - boys 4A
- 2:20 p.m. Wheelchair 800 Meter - girls/boys
- 2:30 p.m. Ambulatory 800 Meter - girls/boys

CLASS 1A AND CLASS 4A FIELD EVENTS

- 9:00 a.m. Shot - girls 4A
- Discus - girls 1A
- Long Jump - boys 4A
- High Jump - boys 1A
- 11:30 a.m. Shot - boys 4A
- Discus - boys 1A
- Long Jump - girls 4A
- High Jump - girls 1A

CLASS 2A AND 3A RUNNING EVENTS

- 2:40 p.m. Distance Medley Relay final - girls 2A
- 3:00 p.m. Distance Medley Relay final - girls 3A
- 3:20 p.m. Distance Medley Relay final - boys 2A
- 3:40 p.m. Distance Medley Relay final - boys 3A
- 4:00 p.m. 100 Meter Hurdles preliminary - girls 2A
- 4:10 p.m. 100 Meter Hurdles preliminary - girls 3A
- 4:20 p.m. 110 Meter Hurdles preliminary - boys 2A
- 4:30 p.m. 110 Meter Hurdles preliminary - boys 3A
- 4:40 p.m. 4 X 200 Meter Relay final - girls 2A
- 4:55 p.m. 4 X 200 Meter Relay final - girls 3A
- 5:10 p.m. 4 X 200 Meter Relay final - boys 2A
- 5:25 p.m. 4 X 200 Meter Relay final - boys 3A
- 5:40 p.m. 400 Meter Hurdles final - girls 2A
- 5:50 p.m. 400 Meter Hurdles final - girls 3A
- 6:00 p.m. 400 Meter Hurdles final - boys 2A
- 6:10 p.m. 400 Meter Hurdles final - boys 3A
- 6:20 p.m. 4 X 100 Meter Relay preliminary - girls 2A
- 6:30 p.m. 4 X 100 Meter Relay preliminary - girls 3A
- 6:40 p.m. 4 X 100 Meter Relay preliminary - boys 2A
- 6:50 p.m. 4 X 100 Meter Relay preliminary - boys 3A
- 7:00 p.m. 4 X 400 Meter Relay preliminary - girls 2A
- 7:20 p.m. 4 X 400 Meter Relay preliminary - girls 3A
- 7:40 p.m. 4 X 400 Meter Relay preliminary - boys 2A
- 8:00 p.m. 4 X 400 Meter Relay preliminary - boys 3A

CLASS 2A AND CLASS 3A FIELD EVENTS

- 2:00 p.m. Shot - girls 3A
- Discus - girls 2A
- Long Jump - boys 3A
- 2:00 p.m. High Jump - boys 2A
- 4:30 p.m. Shot - boys 3A
- Discus - boys 2A
- Long Jump - girls 3A
- High Jump - girls 2A



IOWA HIGH SCHOOL ATHLETIC ASSOCIATION
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2026 STATE TRACK AND FIELD MEET SCHEDULE

SATURDAY, MAY 23

ALL CLASSES RUNNING EVENTS (1A, 2A, 3A, 4A)

- 9:00 a.m. Sprint Medley Relay final - girls
9:50 a.m. Sprint Medley Relay final - boys
10:35 a.m. 800 Meter Run final - girls
11:05 a.m. 800 Meter Run final - boys
11:40 a.m. Shuttle Hurdle Relay final - girls prelims Thur
12:10 p.m. Shuttle Hurdle Relay final - boys prelims Thur
12:40 p.m. Wheelchair 100 Meter Dash final - girls/boys
12:45 p.m. Ambulatory 100 Meter Dash final - girls/boys
12:55 p.m. 100 Meter Dash final - girls
1:05 p.m. 100 Meter Dash final - boys prelims Thur
1:20 p.m. 100 Meter Hurdles final - girls prelims Fri
1:35 p.m. 110 Meter Hurdles final - boys prelims Fri
1:50 p.m. Coach's Recognition Awards
1:55 p.m. Drake Athlete of the Year/Girls' Hall of Fame Awards
2:10 p.m. Wheelchair 200 Meter Dash final - girls/boys
2:15 p.m. Ambulatory 200 Meter Dash final - girls/boys
2:20 p.m. 200 Meter Dash final - girls
2:30 p.m. 200 Meter Dash final - boys prelims Thur
2:40 p.m. 1500 Meter Run final - girls
3:10 p.m. 1600 Meter Run final - boys
3:35 p.m. Wheelchair 400 Meter Dash final - girls/boys
3:45 p.m. 4 X 100 Meter Relay final - girls prelims Fri
3:55 p.m. 4 X 100 Meter Relay final - boys prelims Fri
4:05 p.m. 4 X 400 Meter Relay final - girls prelims Fri
4:30 p.m. 4 X 400 Meter Relay final - boys

FIELD EVENT SCHEDULE

- 9:00 a.m. Ambulatory Shot - girls/boys
9:40 a.m. Wheelchair Shot - girls/boys