

# PROJECTED TIME SCHEDULE

## 2026 USATF REGION 1 CHAMPIONSHIP

\*\*\* Updated as of June 24 New Sunday schedule

\*\*\*Associations: NE, NY, AD, CT, ME, LI  
 ...Top 5 advance from Region to National

\*\*\*NOTE: WHERE SCHEDULE SHOWS BOYS & GIRLS ON SAME LINE,  
 GIRLS COMPETE FIRST FOLLOWED BY BOYS.  
 HEATS / SECTIONS RUN SLOW TO FAST

\*\*\* THE SCHEDULE MAY MOVE AHEAD UP TO 15 MINS AFTER 1 PM

### THERE IS A SEPARATE SCHEDULE FOR THE COMBINED EVENTS

THURSDAY MULTI EVENTS					
10:00 a.m.	Boys Dec	100 Meter	Decathlon	17-18	
	Boys Dec	100 Meter	Decathlon	15-16	
to follow	Girls Hep	100 Meter Hurdles	Heptathlon	17-18	
	Girls Hep	100 Meter Hurdles	Heptathlon	15-16	
11:00 a.m.	Girls Pent	100 Meter Hurdles	Pentathlon	13-14	
	Boys Pent	100 Meter Hurdles	Pentathlon	13-14	
NO ENTRANTS IN BOYS OR GIRLS PENTATHLON				*11-12	
...	...	...	..	..	
Last	Boys Dec	400 Meter Dash	Decathlon	17-18	
events	Boys Dec	400 Meter Dash	Decathlon	15-16	
of	Girls Hep	200 Meter Dash	Heptathlon	17-18	
combined	Girls Hep	200 Meter Dash	Heptathlon	15-16	
event	Girls Pent	800m	Pentathlon	13-14	
	Boys Pent	1500m	Pentathlon	13-14	
THURSDAY TRACK EVENTS (Steeplechase & Mixed Relays)					
4:00 p.m.	Boys	2000 Meter Steeple	Final	15-18	
4:20 p.m.	Boys	2000 Meter Steeple	Final	13-14	
4:40 p.m.	Girls	2000 Meter Steeple	Final	ALL GIRLS	
5:00 p.m.	Boys & Gi	Mixed 4x100m Relay	Final	15-18	
5:20 p.m.	Boys & Gi	Mixed 4x400m Relay	Final	17-18	
THURSDAY FIELD EVENTS					
10:00 a.m.	Boys	Hammer	Final	17-18	
12:00 p.m.	Boys	Hammer	Final	15-16	
2:00 p.m.	Girls	Hammer	Final	17-18 & 15-16	

THURSDAY MULTI EVENTS					
10:00	Boys Dec	100m	Decathlon	15-18	
		Long Jump	Decathlon		
		Shot Put	Decathlon		
		High Jump	Decathlon		
		400m	Decathlon		
10:20	Girls Hep	100m Hurdles	Heptathlon	15-18	
		High Jump	Heptathlon		
		Shot Put	Heptathlon		
		200m	Heptathlon		
11:00 a.m.	PENT	Hurdles	Pentathlon	13-14	
		Shot Put 2 circles	Pentathlon		
		High Jump	Pentathlon		
		Long Jump	Pentathlon		
		800m / 1500m	Pentathlon		
FRIDAY MULTI EVENTS					
10:00	<b>Boys</b>	110 Meter Hurdles	Decathlon	15-18	
	<b>DEC</b>	Discus	Decathlon		
		Pole Vault	Decathlon		
		Javelin	Decathlon		
		1500m	Decathlon		
10:00	<b>Girls</b>	Long Jump	Heptathlon	15-18	
	<b>HEP</b>	Javelin	Heptathlon		
		800m	Heptathlon		
	<b>TRIATHLON</b>				
<b>11:00</b>	B&G	Shot Put	Triathlon	*9-10	
	B&G	High Jump	Triathlon	*9-10	
	B&G	200/400	Triathlon	*9-10	
FRIDAY TRACK EVENTS (400M, 3000M, 4x800M)					
3:00 p.m.	Boys & Gi	400 Meter Dash	Final	8 and Under	
3:10 p.m.	Boys & Gi	400 Meter Dash	Final	*9-10	
3:25 p.m.	Boys & Gi	400 Meter Dash	Final	*11-12	
3:40 p.m.	Boys & Gi	400 Meter Dash	Final	13-14	
4:00 p.m.	Boys & Gi	3000 Meter	Final	*11-12	
4:30 p.m.	Boys & Gi	3000 Meter	Final	13-14	
5:00 p.m.	Boys & Gi	3000 Meter	Final	15-16 & 17-18	
5:30 p.m.	Boys & Gi	400 Meter Dash	Final	15-16	
5:50 p.m.	Boys & Gi	400 Meter Dash	Final	17-18	

<b>FRIDAY TRACK</b>					
6:00 p.m.	Boys & Girls	4 X 800 Meter Relay	Final	All	
<b>FRIDAY FIELD EVENTS THROWING</b>					
10:00 a.m.	Girls	Mini Javelin	Turf Field	8 and Under	
11:00 a.m.	Girls	Aero Jav 250g	Turf Field	*9-10	
12:00 p.m.	Boys	Mini Javelin	Turf Field	8 and Under	
1:00 p.m.	Boys	Aero Jav 250g	Turf Field	*9-10	
2:00 p.m.	Girls	Aero Javelin	Turf field	*11-12	
3:00 p.m.	Boys	Aero Javelin	Turf field	*11-12	
<b>FRIDAY FIELD EVENTS JUMPING</b>					
12:00 p.m.	Girls	Triple Jump	Pit 1	13-14	
1:00 p.m.	Boys	Triple Jump	Pit 1	13-14	
2:00 p.m.	Girls	Triple Jump	Pit 1	15-16 & 17-18	
	Boys	Triple Jump	Pit 2	15-16 & 17-18	
4:00 p.m.	Girls & Boys	High Jump	Final	*9-10	

<b>SATURDAY TRACK EVENTS</b>					
9:30 a.m.	Boys	200 Meter Hurdles	Final	13-14	
9:35 a.m.	Girls	200 Meter Hurdles	Final	13-14	
9:40 a.m.	Girls	400 Meter Hurdles	Final	15-18	
9:50 a.m.	Boys	400 Meter Hurdles	Final	15-18	
10:00 a.m.	Boys & Girls	800 Meter	Final	8 and Under	
10:10 a.m.	Boys & Girls	800 Meter	Final	9-10	
10:25 a.m.	Boys & Girls	800 Meter	Final	11-12	
10:40 a.m.	Boys & Girls	800 Meter	Final	13-14	
10:55 a.m.	Boys & Girls	800 Meter	Final	15-16	
11:05 a.m.	Boys & Girls	800 Meter	Final	17-18	
11:20 a.m.	Boys	110 Meter Hurdles	Final	15-16	
11:30 a.m.	Boys	110 Meter Hurdles	Final	17-18	
11:40 a.m.	Boys	100 Meter Hurdles	Trials	13-14	
11:50 a.m.	Girls	100 Meter Hurdles	Trials	13-14	
12:00 p.m.	Girls	100 Meter Hurdles	Trials	15-16	
12:10 p.m.	Girls	100 Meter Hurdles	Final	17-18	
12:20 p.m.	Girls	80 Meter Hurdles	Trials	*11-12	
12:30 p.m.	Boys	80 Meter Hurdles	Trials	*11-12	
12:45 p.m.	Boys & Girls	100 Meter Dash	Trials	8 and Under	
1:00 p.m.	Boys & Girls	100 Meter Dash	Trials	*9-10	

1:15 p.m.	Boys & Girls	100 Meter Dash	Trials	*11-12		
1:30 p.m.	Boys & Girls	100 Meter Dash	Trials	13-14		
1:45 p.m.	Boys & Girls	100 Meter Dash	Trials	15-16		
2:00 p.m.	Boys & Girls	100 Meter Dash	Trials	17-18		
2:15 p.m.	Boys & Girls	80 Meter Hurdles	Final	*11-12		
2:25 p.m.	Girls	100 Meter Hurdles	Final	13-14		
2:35 p.m.	Boys	100 Meter Hurdles	Final	13-14		
2:45 p.m.	Girls	100 Meter Hurdles	Final	15-16		
2:50 p.m.	Boys & Girls	100 Meter Dash	Final	8 and Under		
2:55 p.m.	Boys & Girls	100 Meter Dash	Final	*9-10		
3:00 p.m.	Boys & Girls	100 Meter Dash	Final	*11-12		
3:05 p.m.	Boys & Girls	100 Meter Dash	Final	13-14		
3:10 p.m.	Boys & Girls	100 Meter Dash	Final	15-16		
3:15 p.m.	Boys & Girls	100 Meter Dash	Final	17-18		
3:25 p.m.	Boys & Girls	1500 Meter Race Walk	Final	*9-10 & 11-12		
3:40 p.m.	Boys & Girls	3000 Meter Race Walk	Final	13-18		
4:10 p.m.	Boys & Girls	4 X 100 Meter Relay	Final	8 and Under		
4:20 p.m.	Boys & Girls	4 X 100 Meter Relay	Final	*9-10		
4:30 p.m.	Boys & Girls	4 X 100 Meter Relay	Final	*11-12		
4:40 p.m.	Boys & Girls	4 X 100 Meter Relay	Final	13-14		
4:50 p.m.	Boys & Girls	4 X 100 Meter Relay	Final	15-18		
<b>SATURDAY THROWING EVENTS</b>						
9:00 a.m.	Girls	Shot Put Circle 1		*11-12		
9:00 a.m.	Boys	Shot Put Circle 2		*11-12		
10:00 a.m.	Girls	Shot Put Circle 1		13-14		
10:00 a.m.	Boys	Shot Put Circle 2		13-14		
11:30 a.m.	Girls	Shot Put Circle 1		15-16 & 17-18		
11:30 a.m.	Boys	Shot Put Circle 2		15-16 & 17-18		
9:00 a.m.	Girls	Discus		17-18		
9:00 a.m.	Girls	Discus		15-16		
10:30 a.m.	Boys	Discus		17-18		
10:30 a.m.	Boys	Discus		15-16		
12:00 p.m.	Girls	Discus		*11-12		
1:00 p.m.	Boys	Discus		*11-12		
2:00 p.m.	Girls	Discus		13-14		
3:00 p.m.	Boys	Discus		13-14		
9:00 a.m.	Girls	Javelin		13-14		
11:00 a.m.	Boys	Javelin		13-14		

<b>SATURDAY JUMPING EVENTS</b>						
12:00 p.m.	Boys	Pole Vault	Opening ht 2.05m	All		
2:00 p.m.	Girls	Pole Vault	Opening ht 1.90m	All		
9:00 a.m.	Girls	Long Jump	Pit 1 (scoreboard)	8 and Under		
	Boys	Long Jump	Pit 2 (200m Start)	8 and Under		
10:00 a.m.	Girls	Long Jump	Pit 1 (scoreboard)	*9-10		
	Boys	Long Jump	Pit 2 (200m Start)	*9-10		
11:00 a.m.	Girls	Long Jump	Pit 1 (scoreboard)	*11-12		
12:00 p.m.	Boys	Long Jump	Pit 1 (scoreboard)	*11-12		
9:00 a.m.	Girls	High Jump		15-16 & 17-18		
11:30 a.m.	Boys	High Jump		15-16 & 17-18		
<b>SUNDAY RUNNING EVENTS</b>						
<b>New Start time and 200 FINALS ONLY as of June 16</b>						
2:00 p.m.	Boys & Girls	200 Meter Dash	Final	8 and Under		
2:15 p.m.	Boys & Girls	200 Meter Dash	Final	9-10		
2:30 p.m.	Boys & Girls	200 Meter Dash	Final	11-12		
2:45 p.m.	Boys & Girls	200 Meter Dash	Final	13-14		
3:00 p.m.	Boys & Girls	200 Meter Dash	Final	15-16		
3:15 p.m.	Boys & Girls	200 Meter Dash	Final	17-18		
3:30 p.m.	Boys & Girls	1500 Meter	Final	8U & 9-10		
3:45 p.m.	Boys & Girls	1500 Meter	Final	11-12		
4:00 p.m.	Boys & Girls	1500 Meter	Final	13-14		
4:15 p.m.	Boys & Girls	1500 Meter	Final	15-16 & 17-18		
4:30 p.m.	Boys & Girls	4 X 400 Meter Relay	Final	8U & 9-10		
4:45 p.m.	Boys & Girls	4 X 400 Meter Relay	Final	11-12 & 13-14		
5:00 p.m.	Boys & Girls	4 X 400 Meter Relay	Final	15-16 & 17-18		
<b>SUNDAY THROWING EVENTS</b>						
2:00 p.m.	Girls	Javelin		15-16		
2:00 p.m.	Girls	Javelin		17-18		
3:30 p.m.	Boys	Javelin		15-16		
3:30 p.m.	Boys	Javelin		17-18		
2:00 p.m.	Girls	Shot Put Circle 1		8 and Under		
2:00 p.m.	Boys	Shot Put Circle 2		8 and Under		
3:00 p.m.	Girls	Shot Put Circle 1		9-10		
3:00 p.m.	Boys	Shot Put Circle 2		9-10		
<b>SUNDAY JUMPING EVENTS</b>						
2:00 p.m.	Girls	Long Jump	Pit 1 (Scoreboard)	15-16 & 17-18		
2:00 p.m.	Boys	Long Jump	Pit 2 (200m Start)	15-16		
3:00 p.m.	Boys	Long Jump	Pit 2 (200m Start)	17-18		

3:00 p.m.	Girls	Long Jump	Pit 1 (Scoreboard)	13-14		
4:00 p.m.	Boys	Long Jump	Pit 2 (200m Start)	13-14		
2:00 p.m.	Boys	High Jump		11-12 & 13-14		
3:30 p.m.	Girls	High Jump		11-12 & 13-14		