



## 2026 Track and Field Time Schedule Saint Joseph's College, Standish Maine Saturday, June 27

### FIELD EVENTS

**10am**

Hammer - M  
Shot Put - W  
High Jump - W (M to follow)  
Long Jump - W  
Pole Vault - W (M to follow)

**11:15am**

Hammer - W  
Shot Put - M  
Long Jump - M

**11:30am**

Javelin - M

**12:00pm**

Discus - W

**12:30pm**

Triple Jump M (W to follow)

**1pm**

Discus - M  
Javelin - W

### RUNNING EVENTS (Women First)

**10am**

10:00 50 Meter Dash  
10:20 1500 Meter Run  
10:50 100 Meter Dash  
  
11:20 400 Meter Dash  
11:40 1500 Meter Power Walk  
12:05 All Ages Mile (regist on site)  
12:25 4 x 100 Relay  
12:40 800 Meter Run  
1:05 200 Meter Dash  
1:30 3000 Meter Run  
1:50 1500 Meter Racewalk  
2:10 Exhibition Coed 4 x 200 Relay  
(Teams formed onsite)