



VIRGINIA INDEPENDENT SCHOOLS
ATHLETIC ASSOCIATION
TRACK & FIELD CHAMPIONSHIPS



FORK UNION MILITARY ACADEMY • SATURDAY, MAY 16, 2026

DIVISION I

ORDER OF EVENTS – GIRLS FOLLOWED BY BOYS

- 10:15AM REPORT ALL SCRATCHES TO THE OFFICIALS AT THE FINISH LINE (FIELD EVENTS SCRATCHES CAN BE DONE AT THE FIELD EVENT)
10:45AM COACH'S MEETING (1 COACH FROM EACH TEAM)
11:00AM GIRLS — LONG JUMP, POLE VAULT, DISCUS
11:00AM BOYS — LONG JUMP, SHOT PUT, HIGH JUMP

FOLLOWED BY

- GIRLS —TRIPLE JUMP, SHOT PUT, HIGH JUMP
BOYS —TRIPLE JUMP, DISCUS, POLE VAULT

ORDER OF RUNNING EVENTS – GIRLS FOLLOWED BY BOYS

- 1:30 100 METER HURDLES – SEMIFINALS
110 METER HIGH HURDLES – SEMIFINALS
1:40 100 METER DASH SEMIFINALS
100 METER DASH SEMIFINALS
2:05 4 X 800 METER RELAY (SECTIONS ON TIME)
4 X 800 METER RELAY (SECTIONS ON TIME)
2:30 100 METER HURDLES FINAL
110 METER HURDLES FINAL
2:40 100 METER DASH FINAL
100 METER DASH FINAL
2:45 1600 METER RUN (SECTIONS ON TIME)
1600 METER RUN (SECTIONS ON TIME)
3:15 4 X 100 METER RELAY (SECTIONS ON TIME)
4 X 100 METER RELAY (SECTIONS ON TIME)
3:30 400 METER RUN (SECTIONS ON TIME)
400 METER RUN (SECTIONS ON TIME)
3:40 300 METER INTERMEDIATE HURDLES (SECTIONS ON TIME)
300 METER INTERMEDIATE HURDLES (SECTIONS ON TIME)
3:55 800 METER SECTIONS (SECTIONS ON TIME)
800 METER SECTIONS (SECTIONS ON TIME)
4:10 200 METER DASH (SECTIONS ON TIME)
200 METER DASH (SECTIONS ON TIME)
4:20 3200 METER RUN
3200 METER RUN
4:50 4 X 400 METER RELAY (SECTIONS ON TIME)
4 X 400 METER RELAY (SECTIONS ON TIME)