Red colored events are open to anyone

Black colored events are open to Needham Youth Track Club members only.

- All Fall, Spring and Summer sessions are held at DeFazio Field, 460 Dedham Ave. (Route 135).
- Spring & Fall Age 4 14 sessions are held 9:15 10:20 am and 10:45 11:50 am
- Summer sessions are held 6:05-7:05 pm (age 3.5-6) and 6:00-7:20 pm (age 7-14)
- Winter Age 7-14 sessions are held at Babson College 9:15-10:30 and 10:40-11:45 am
- Great Bear Run (Pollard School) Sunday, May 17, 2026

| | | | September 202 | 5 | | |
|-------------------------------------|--------|---------|---------------|----------|--------|----------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 7 Fall Track / Cross Country | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 Fall Track / Cross Country | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 Fall Track / Cross Country | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 Fall Track / Cross Country | 29 | 30 | 1 | 2 | 3 | 4 |

| | | | October 2025 | | | |
|--|--------|---------|--------------|----------|--------|----------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 5 Fall Track / Cross Country | 6 | 7 | 8 | 9 | 10 | 11 |
| Fall Track / Cross Country Wayland Meet | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 Fall Track / Cross Country | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 Fall Track / Cross Country Mayor's Cup | 27 | 28 | 29 | 30 | 31 | 1 |

| November 2025 | | | | | | | | |
|----------------------|--------|---------|-----------|----------|--------|----------|--|--|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 | | |
| Fall Track / | | | | | | | | |
| Cross Country | | | | | | | | |
| | | | | | | | | |

| December 2025 | | | | | | | | |
|---------------|--------|---------|-----------|----------|--------|----------|--|--|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | |
| 14 | 6 | 7 | 8 | 9 | 10 | 11 | | |
| Winter Track | | | | | | | | |
| 21 | 13 | 14 | 15 | 16 | 17 | 18 | | |
| Winter Track | | | | | | | | |

| | January 2026 | | | | | | | | | |
|--------------|--------------|---------|-----------|-------------|--------|----------|--|--|--|--|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | | | |
| 28 | 29 | 30 | 31 | 1 | 2 | 3 | | | | |
| No Track | | | | Needham New | | | | | | |
| | | | | Year's 5K | | | | | | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 | | | | |
| Winter Track | | | | | | | | | | |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | | | | |
| Winter Track | | | | | | | | | | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 | | | | |
| Winter Track | | | | | | | | | | |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 | | | | |
| Winter Track | | | | | | | | | | |

| | February 2026 | | | | | | | | | |
|--------------------|---------------|---------|-----------------------------|----------|--------|----------|--|--|--|--|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | | | |
| 1 Winter Track | 2 | 3 | 4 | 5 | 6 | 7 | | | | |
| 8 Winter Track | 9 | 10 | 11 | 12 | 13 | 14 | | | | |
| 15 Winter Track | 16 | 17 | 18 Vacation Week Meet | 19 | 20 | 21 | | | | |
| 22 Winter Track | 23 | 24 | 25 | 26 | 27 | 28 | | | | |

| | March 2026 | | | | | | | | |
|--------------------------------|------------|---------|-----------|----------|--------|----------|--|--|--|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | | |
| 1 Winter Track | 2 | 3 | 4 | 5 | 6 | 7 | | | |
| 8 Winter Track Snow Date | 9 | 10 | 11 | 12 | 13 | 14 | | | |

| | | | April 2026 | | | |
|--------------------|--------|---------|------------|----------|--------|----------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 5 Spring Track | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 Spring Track | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 Spring Track | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 Spring Track | 27 | 28 | 29 | 30 | 1 | 2 |

| | | | May 2026 | | | |
|----------------------|--------|---------|-----------|----------|--------|----------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 3 Spring Track | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 Spring Track | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 Great Bear Run | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 No Track | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 Spring Track | 1 | 2 | 3 | 4 | 5 | 6 |

| | June 2026 | | | | | | | | | |
|--------------|-----------------|---------|-----------------|----------|--------|----------|--|--|--|--|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | | | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 | | | | |
| Spring Track | | | | | | | | | | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | | | | |
| Spring Track | | | | | | | | | | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | | | | |
| | Summer Track | | Summer Track | | | | | | | |
| 28 | 29 | 30 | 1 | 2 | 3 | 4 | | | | |
| | Summer | | Summer | | | | | | | |
| | Track | | Track | | | | | | | |

| | July 2026 | | | | | | | | | |
|--------|-----------|---------|-----------|----------|--------|----------|--|--|--|--|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | | | |
| | | | 1 | 2 | 3 | 4 | | | | |
| | | | Summer | | | | | | | |
| | | | Track | | | | | | | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 | | | | |
| | Summer | | Summer | | | | | | | |
| | Track | | Track | | | | | | | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 | | | | |
| | Summer | | Summer | | | | | | | |
| | Track | | Track | | | | | | | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 | | | | |
| | Summer | | Summer | | | | | | | |
| | Track | | Track | | | | | | | |

| | September 2026 | | | | | | | | |
|-------------------------------------|----------------|---------|-----------|----------|--------|----------|--|--|--|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | | |
| 13 Fall Track / Cross Country | 14 | 15 | 16 | 17 | 18 | 19 | | | |
| 20 Fall Track / Cross Country | 21 | 22 | 23 | 24 | 25 | 26 | | | |
| 27 Fall Track / Cross Country | 28 | 29 | 30 | 1 | 2 | 3 | | | |

| October 2026 | | | | | | | | | |
|---|--------|---------|-----------|----------|--------|----------|--|--|--|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | | |
| 4 Fall Track / Cross Country | 5 | 6 | 7 | 8 | 9 | 10 | | | |
| 11 Fall Track / Cross Country Wayland Meet | 12 | 13 | 14 | 15 | 16 | 17 | | | |
| 18 Fall Track / Cross Country | 19 | 20 | 21 | 22 | 23 | 24 | | | |
| 25 Fall Track / Cross Country Mayor's Cup | 26 | 27 | 28 | 29 | 30 | 31 | | | |

| November 2026 | | | | | | | | | |
|------------------------------------|--------|---------|-----------|----------|--------|----------|--|--|--|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | | |
| 1 Fall Track / Cross Country | 2 | 3 | 4 | 5 | 6 | 7 | | | |
| 8 Fall Track / Cross Country | 9 | 10 | 11 | 12 | 13 | 14 | | | |