

5TH-8TH GRADE HUMBOLDT COUNTY TRACK & FIELD CHAMPIONSHIPS
MCKINLEYVILLE HIGH SCHOOL
ORDER OF EVENTS
APRIL 21, 2026

3000 METERS (7th & 8th event, but younger kids may run)	3:30	7 th -8 th
100 HURDLES	4:00	5 th -8 th
4 X 100 RELAY	4:25	5 th -8 th
1500 METER RUN (2 races: girls first)	4:50	5 th -8 th
400 METER DASH	5:15	5 th -8 th
100 METER DASH	5:45	5 th -8 th
800 METERS	6:40	5 th -8 th
200 METERS	7:00	5 th -8 th
4 X 400 METER RELAY	7:30	5 th -8 th

- All running events will be run girls first except for the distance races which may consider combining boys/girls.
- The 100 meter races will be run on both sides of the track, with two divisions run at the same time.
- Each athlete may compete in a maximum of 4 events. Please try and limit number of entries to 4 in a single event:
- (i.e. 4 -6th gr. girls in the 100 M.)
- Field event times are approximate. If an event is completed early, the next division will be given first call immediately.

Field Events

Shot Put (3 Throws)

5 th /6 th girls	4:00 PM
5 th /6 th boys	4:50 PM
7 th /8 th girls	5:40 PM
7 th /8 th boys	6:30 PM

Shot Weight

6 lb
6 lb
6 lb
6 lb for 7 th , 8 lb for 8 th

Long Jump (2-3 jumps each*)

7 th /8 th boys	3:30 PM
7 th /8 th girls	4:20 PM
5 th /6 th boys	3:30 PM
5 th /6 th girls	4:20 PM

High Jump

5 th /6 th boys	4:00 PM
5 th /6 th girls	4:50 PM
7 th /8 th boys	5:40 PM
7 th /8 th girls	6:30 PM

Opening Height

3'6"
3'4"
4'0"
3'10"

Discus (3 throws)

7 th /8 th girls	4:00 PM
7 th /8 th boys	4:50 PM 7 th -1 kg, 8 th -1.6 kg
5 th /6 th girls	5:40 PM
5 th /6 th boys	6:30 PM

Triple Jump (times may change if we can use both pits or if the long jump is completed faster than expected)

7-8 girls and 7-8 boys (younger jumpers may participate) Time will be announced at the meet

***We hope to have 3 jumps and throws for all athletes, but may have to allow two if there are too many entrants.**

Triple Jump (7th & 8th only together- open pit after Long Jump has been completed)