

**5<sup>TH</sup>-8<sup>TH</sup> 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 <sup>th</sup> -8 <sup>th</sup>
100 HURDLES	4:00	5 <sup>th</sup> -8 <sup>th</sup>
4 X 100 RELAY	4:25	5 <sup>th</sup> -8 <sup>th</sup>
1500 METER RUN (2 races: girls first)	4:50	5 <sup>th</sup> -8 <sup>th</sup>
400 METER DASH	5:15	5 <sup>th</sup> -8 <sup>th</sup>
100 METER DASH	5:45	5 <sup>th</sup> -8 <sup>th</sup>
800 METERS	6:40	5 <sup>th</sup> -8 <sup>th</sup>
200 METERS	7:00	5 <sup>th</sup> -8 <sup>th</sup>
4 X 400 METER RELAY	7:30	5 <sup>th</sup> -8 <sup>th</sup>

- 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**

<b>Shot Put (3 Throws)</b>		<b>Shot Weight</b>	<b>Long Jump (2-3 jumps each*)</b>	
5 <sup>th</sup> /6 <sup>th</sup> girls	4:00 PM	6 lb	7 <sup>th</sup> /8 <sup>th</sup> boys	3:30 PM
5 <sup>th</sup> /6 <sup>th</sup> boys	4:50 PM	6 lb	7 <sup>th</sup> /8 <sup>th</sup> girls	4:20 PM
7 <sup>th</sup> /8 <sup>th</sup> girls	5:40 PM	6 lb	5 <sup>th</sup> /6 <sup>th</sup> boys	5:20 PM
7 <sup>th</sup> /8 <sup>th</sup> boys	6:30 PM	6 lb for 7 <sup>th</sup> , 8 lb for 8th	5 <sup>th</sup> /6 <sup>th</sup> girls	6:20 PM
<b>High Jump</b>		<b>Opening Height</b>	<b>Discus (3 throws)</b>	
5 <sup>th</sup> /6 <sup>th</sup> boys	4:00 PM	3'6"	7 <sup>th</sup> /8 <sup>th</sup> girls	4:00 PM
5 <sup>th</sup> /6 <sup>th</sup> girls	4:50 PM	3'4"	7 <sup>th</sup> /8 <sup>th</sup> boys	4:50 PM 7 <sup>th</sup> -1 kg, 8 <sup>th</sup> -1.6 kg
7 <sup>th</sup> /8 <sup>th</sup> boys	5:40 PM	4'0"	5 <sup>th</sup> /6 <sup>th</sup> girls	5:40 PM
7 <sup>th</sup> /8 <sup>th</sup> girls	6:30 PM	3'10"	5 <sup>th</sup> /6 <sup>th</sup> 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)**