

# Tri-Valley “Last Chance” Track Meet

Tri-Valley High School Athletic Complex

Pole Vault – Wednesday May 20<sup>th</sup>, 11:00 am @ Madison

May 21<sup>st</sup>, 2026 – Javelin & High Jump – Noon

Field Events 2:30 PM – Running Events 3:30 pm

- Entries Due:** Tuesday, May 19<sup>th</sup>, 2026 at 9:00 am for Pole Vault on Athletic.net
- Wednesday, May 20<sup>th</sup>, 2026 at 6:00 pm for all other Field Events
- \*\*Submitted entries will be returned to coaches Wednesday for review.
- Here is the link to enter your contestants:
- <https://www.athletic.net/TrackAndField/meet/642432/register>
- Entry Fee:** **\$180.00 – Make checks payable to Tri Valley School District**
- Coaches/AD Meeting:** Thursday, May 21<sup>st</sup>, 2026 – Track Shed on northeast corner of the track – 2:00 pm – No seed meeting.
- Rules/Regulations:** Review the track and field section of the SDHSAA Handbook.
- \*\*\*Please REVIEW the UNIFORM CODE\*\*\***
- Number of Entries:** No more than 3 contestants in any individual event.
- Not more than one team in any relay.
- Jumps & Throws: 3 jumps – Take 9 to finals. Medal 8 spots.
- Facilities:** All-weather surface track
- 3/16” spikes or smaller pyramid spikes ONLY
- Violations by athletes will mean disqualification
- Team camps outside of the football field
- Please park buses on the north end of the high school parking lot.

**Implement Weighing:** Track Shed – NE side of the complex.  
Shot put and Discus weigh-ins will be conducted from

**Notes:** No tape or chalk on track or runways  
Tennis balls or hockey pucks will be provided  
Participants and Coaches only on the infield

**Notes (Cont.)** No electronic devices in the immediate competitive area.

**Field Events:** **Noon -** Boys Javelin & Girls High Jump  
Girls Javelin & Boys High Jump immediately  
following boys javelin & girls high jump

<b>2:30 PM</b>	<b>3:30 pm (Approx.)</b>
Girls Discus	Girls Shot Put
Boys Shot Put	Boys Discus
Boys Long Jump	Girls Long jump
Girls Triple Jump	Boys Triple jump

**Running Events - (we will be using a running schedule)**

**3:30 pm** Boys 3200m Relay  
Girls 3200m Relay  
Boys 110m Hurdles  
Girls 100m Hurdles  
Boys 100m Dash-Finals  
Girls 100m Dash-Finals  
Boys 800m Relay  
Girls 800m Relay  
Boys 1600m Run  
Girls 1600m Run

Boys 400m Relay

Girls 400m Relay

Boys 400m Dash

Girls 400m Dash

Boys 300m Hurdles

Girls 300m Hurdles

Boys 1600m Medley Relay

Girls 1600m Medley Relay

Boys 800m Run

Girls 800m Run

Boys 200m Dash

Girls 200m Dash

Boys 3200m Run

Girls 3200m Run

Boys 1600m Relay

Girls 1600m Relay