



MILBANK VALLEY QUEEN CHEESE INVITATIONAL

TRACK & FIELD MEET --- TUESDAY, May 5, 2026

*RUNNING EVENTS – ROLLING SCHEDULE*



<b>TIME</b>	<b>EVENT</b>	<b>DIVISION</b>
2:45 PM	3200 M RELAY	GIRLS/BOYS
	100 M HURDLES/110 M HURDLES	GIRLS/BOYS
	100 M DASH	GIRLS/BOYS
	800 M RELAY	GIRLS/BOYS
	1600 M RUN	GIRLS/BOYS
	400 M RELAY	GIRLS/BOYS
	400 M RUN	GIRLS/BOYS
	300 M HURDLES	GIRLS/BOYS
	1600 M MEDLEY RELAY	GIRLS/BOYS
	800 M RUN	GIRLS/BOYS
	200 M RUN	GIRLS/BOYS
	3200 M RUN	GIRLS/BOYS
	1600 M RELAY	GIRLS/BOYS

**FIELD EVENTS SCHEDULE**

*FIELD EVENTS WILL START AT 1:45*

DISCUS- BOYS FOLLOWED BY GIRLS

SHOT PUT- GIRLS FOLLOWED BY BOYS

JAVELIN- GIRLS FOLLOWED BY BOYS

LONG JUMP- BOYS AND GIRLS BOTH AT 1:45 PM \*Girls West Pit, Boys East Pit

TRIPLE JUMP- BOYS AND GIRLS BOTH FOLLOWING LONG JUMP

HIGH JUMP- GIRLS FOLLOWED BY BOYS Starting Height 4' Girls 5' Boys

POLE VAULT- (Boys and Girls) will start at 1:45 PM

**This meet is sanctioned by the SDHSAA.**