
25th Annual Norfolk Catholic Track Invitational

Track and Field Meet

Meet Date: Thursday, May 7, 2026- 10:00 a.m.

Schedule of Events

FIELD EVENTS: 10:00 am - using our district meet recommendations

Shot Put: Girls followed by Boys -

Discus: Boys followed by Girls

High Jump: Girls followed by Boys

Boys Long following by Boys Triple Jump

Girls Long Jump followed by Girls Triple Jump

Boys Pole Vault followed by Girls

Top eight advance to finals, which immediately follow prelims

RUNNING EVENTS: 1:00 pm

Order of Competition: Girls followed by boys

4 X 800 Relay--finals

Girls 100 Meter High Hurdles -- prelims

Boys 110 Meter High Hurdles -- prelims

100 Meter Dash-- prelims

400 Meter Dash-- finals

3200 Meter Run-- finals

200 Meter Dash-- prelims

Heat winners and next fastest times advance to finals

FINALS: Follow track prelims with a 15 minute break unless weather dictates otherwise.

Order of Competition: Girls followed by boys

100 High Hurdles

110 High Hurdles

100 Meter Dash

800 Meter Run

300 Girls Meter Low Hurdles

300 Meter Boys Intermediate Hurdles

200 Meter Dash

1600 Meter Run

4 X 100 Meter Relay

4 X 400 Meter Relay

Athletes using spikes longer than 1/8" in running or jumping events will be disqualified from the meet.