

2026 NCHSAA 5A & 7A Track & Field State Championships - Meet Schedule

Friday, May 15, 2026

North Carolina A&T University, Greensboro, NC

8:00 AM	Gates Open for Team (Rear Gates Only)
8:00 AM	Implement Inspection / Pole Vault Weight-Ins Begin
8:30 AM	Gates Open for Spectators - Main entrance only - NO spectators may enter at rear gate.
8:30 AM	Officials Meeting (Under Clerk's Tent at 200 Meter Start)
9:00 AM	Coaches Meeting (Under Clerk's Tent at 200 Meter Start)
9:20 AM	Mandatory Athlete Meeting at High Jump

Implement Inspection Schedule

Discus

7A Girls Discus: Inspection closes at 9:15 am
 5A Girls Discus: Inspection closes at 11:15 am
 5A Boys Discus: Inspection closes at 1:15 pm
 7A Boys Discus: Inspection closes at 3:15 pm

Shot Put

5A Girls and Boys Shot: Inspection closes at 9:15 am
 7A Girls and Boys Shot: Inspection closes at 11:15 am

Pole Vault Certification & Weight-ins Close 1 Hour Prior to the Event

5A & 7A Girls Pole Vault Certification & Weight-ins closes at 9:15 am
 5A & 7A Boys Pole Vault Certification & Weight-ins closes at 11:15 am

Field Event Order: All Field Events will have 1 Flight

Start Time	Field Event			
9:30 AM	Unified Shot Put	Girls		
	Unified Shot Put	Boys		
9:30 AM	Unified Long Jump	Girls		
	Unified Long Jump	Boys		
10:00 AM	Long Jump	7A Girls	followed by	5A Girls
	Triple Jump	7A Girls	will follow	5A Girls Long Jump
	Triple Jump	5A Girls	will follow	7A Girls Triple Jump
10:00 AM	Long Jump	7A Boys	followed by	5A Boys
	Triple Jump	7A Boys	will follow	5A Boys Long Jump
	Triple Jump	5A Boys	will follow	7A Boys Triple Jump
10:00 AM	High Jump	5A Girls	Mat - A	Followed by 5A Boys High Jump
	High Jump	7A Girls	Mat - B	Followed by 7A Boys High Jump
10:00 AM	Pole Vault	5A Girls	Mat - A	Followed by 5A Boys Pole Vault
	Pole Vault	7A Girls	Mat - B	Followed by 7A Boys Pole Vault
10:00 AM	Shot Put	5A Girls	Pit - A	Followed by 7A Girls Shot Put
	Shot Put	5A Boys	Pit - B	Followed by 7A Boys Shot Put
10:00 AM	Discus	7A Girls		
	Discus	5A Girls		
	Discus	5A Boys		
	Discus	7A Boys		

10:00 AM - Morning Session Running Events: **SEMI-FINALS** - WE'RE ON A ROLLING SCHEDULE

Time	Event	Class/Gender		Event	Class/Gen
10:00 AM	100 M Hurdles	5A Girls	followed by	100 M Hurdles	7A Girls
	110 M Hurdles	5A Boys	followed by	110 M Hurdles	7A Boys
	100 M Dash	5A Girls	followed by	100 M Dash	5A Boys
	100 M Dash	7A Girls	followed by	100 M Dash	7A Boys
	3200 Relay Finals	5A Girls	followed by	3200 Relay Finals	5A Boys
	3200 Relay Finals	7A Girls	followed by	3200 Relay Finals	7A Boys
12:45 PM	National Anthem				

1:00 PM - Afternoon Session Running Events: **FINALS** - WE'RE ON A ROLLING SCHEDULE

Time	Event	Class/Gender		Event	Class/Gen
1:00 PM	100 M Hurdles	5A Girls	followed by	7A Girls	2A Boys
	110 M Hurdles	5A Boys	followed by	7A Boys	4A Boys
	Unified 100 M Dash	Unified Girls	followed by	Unified 100 M Dash	Unified Boys
	100 M Dash	5A Girls	followed by	100 M Dash	5A Boys
	100 M Dash	7A Girls	followed by	100 M Dash	7A Boys
	800 M Relay	5A Girls	followed by	800 M Relay	5A Boys
	800 M Relay	7A Girls	followed by	800 M Relay	7A Boys
	1600 M Run	5A Girls	followed by	1600 M Run	5A Boys
	1600 M Run	7A Girls	followed by	1600 M Run	7A Boys
	Unified 400 M Relay	Coed			
	400 M Relay	5A Girls	followed by	400 M Relay	5A Boys
	400 M Relay	7A Girls	followed by	400 M Relay	7A Boys
	Unified 400 M Dash	Unified Girls	followed by	Unified 400 M Dash	Unified Boys
	400 M Dash	5A Girls	followed by	400 M Dash	5A Boys
	400 M Dash	7A Girls	followed by	400 M Dash	7A Boys
	300 M Hurdles	5A Girls	followed by	300 M Hurdles	7A Girls
	300 M Hurdles	5A Boys	followed by	300 M Hurdles	7A Boys
	800 M Run	5A Girls	followed by	800 M Run	5A Boys
	800 M Run	7A Girls	followed by	800 M Run	7A Boys
	Unified 200 M Dash	Unified Girls	followed by	Unified 200 M Dash	Unified Boys
	200 M Dash	5A Girls	followed by	200 M Dash	5A Boys
	200 M Dash	7A Girls	followed by	200 M Dash	7A Boys

<u>Time</u>	<u>Event</u>	<u>Class/Gender</u>		<u>Event</u>	<u>Class/Gen</u>	
	3200 M Run	5A Girls	followed by	3200 M Run	5A Boys	
	3200 M Run	7A Girls	followed by	3200 M Run	7A Boys	
	1600 M Relay	5A Girls	followed by	1600 M Relay	5A Boys	
	1600 M Relay	7A Girls	followed by	1600 M Relay	7A Boys	
Awards Presentation						