

SFL Championship 2026

Junior Varsity Championships & Varsity 3200 + Varsity 4x800

Wednesday April 29th

Order of Events

<p>Running Events</p> <p>Start time 3:30 pm</p> <p>Var - Girls 4x800 Relay</p> <p>Var - Boys 4x800 Relay</p> <p>JV - Girls 4x100</p> <p>JV - Boys 4x100</p> <p>JV - Girls 1600</p> <p>JV - Boys 1600</p> <p>JV - Girls 100 Hurdles</p> <p>JV - Boys 110 Hurdles</p> <p>JV - Girls 400</p> <p>JV - Boys 400</p> <p>JV - Girls 100</p> <p>JV - Boys 100</p> <p>JV - Girls 800</p> <p>JV - Boys 800</p> <p>JV - Girls 300 Hurdles</p> <p>JV - Boys 300 Hurdles</p> <p>JV - Girls 200</p> <p>JV - Boys 200</p> <p>JV - Girls 3200</p> <p>JV - Boys 3200</p> <p>JV - Girls 4x400</p> <p>JV - Boys 4x400</p> <p>VAR Girls 3200</p> <p>VAR Boys 3200</p>	<p>Field Events</p> <p>Starting at 1:30 pm</p> <p>Long Jump 1:30 pm</p> <p>Pit # 1 Junior Varsity Boys</p> <p>Pit # 2 Junior Varsity Girls</p> <p>Triple Jump</p> <p>(at the conclusion of Long Jump)</p> <p>Pit # 1 Junior Varsity Girls</p> <p>Pit # 2 Junior Varsity Boys</p> <p>Discus 1:30 pm</p> <p>Junior Varsity Boys</p> <p>Junior Varsity Girls</p> <p>Shot Put 1:30 pm</p> <p>Junior Varsity Girls</p> <p>Junior Varsity Boys</p> <p>High Jump 1:30 pm</p> <p>Junior Varsity Girls</p> <p>Junior Varsity Boys</p> <p>Pole Vault 1:30 pm</p> <p>Junior Varsity Girls</p> <p>Junior Varsity Boys</p>
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SFL Championship 2026

Varsity Championships

Saturday May 2nd

Order of Events

Top 10 in Each Varsity Event Move on to Division 1 Trials

<p>Running Events Start time 10:00 am Girls 4x100 Boys 4x100 Girls 1600 Boys 1600 Boys 110 Hurdles Girls 100 Hurdles Girls 400 Boys 400 Girls 100 Boys 100 Girls 800 Boys 800 Girls 300 Hurdles Boys 300 Hurdles Girls 200 Boys 200 15 Minute break Girls 4x400 Boys 4x400</p>	<p>Field Events Starting at 8:30am Long Jump 8:30 am Pit # 1 Varsity Boys Pit # 2 Varsity Girls Triple Jump (at the conclusion of Long Jump) Pit # 1 Varsity Girls Pit # 2 Varsity Boys Discus 8:30 am Varsity Boys Varsity Girls Shot Put 8:30 am Varsity Girls Varsity Boys High Jump 8:30 am Varsity Boys Varsity Girls Pole Vault 8:30 am Varsity Girls Varsity Boys</p>
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2026 Sac Joaquin Section Track and Field

Division 1 At-Large Standards

An athlete shall earn an at-large entry into the Divisional Meet if their mark at their league championship competition is equal to or better than the average 8th place finisher in the D1 Finals for the 3 most recent years.

2026 D1 Boys Standards	
100 Meters	10.98
200 Meters	22.66
400 Meters	50.95
800 Meters	1:59.10
1600 Meters	4:25.79
3200 Meters	9:43.80
110 Hurdles	15.83
300 Hurdles	42.01
4 x 100 Relay	43.85
4 x 400 Relay	3:28.91
High Jump	6-0
Pole Vault	12-08
Long Jump	21-03
Triple Jump	42-09
Shot Put	46-08
Discus	136-0

2026 D1 Girls Standards	
100 Meters	12.65
200 Meters	26.28
400 Meters	60.02
800 Meters	2:21.07
1600 Meters	5:13.35
3200 Meters	11:26.72
110 Hurdles	16.35
300 Hurdles	48.05
4 x 100 Relay	50.87
4 x 400 Relay	4:10.80
High Jump	5-00
Pole Vault	09-02
Long Jump	16-05
Triple Jump	34-10
Shot Put	32-08
Discus	109-0