MCHS TRACK & FIELD 2026 MEET ITINERARY (4/2/26)

Stanford Invite, Fri/Sat April 3rd/4th

Stanford University, Cobb Track and Angell Field

(295 Galvez St Stanford, CA 94305)

MEET WEBSITE: Home Meet Information - Stanford Cardinal - Official Athletics Website

HEAT SHEETS/LIVE RESULTS HERE: Record Timing -Event Results

MCHS COACHES ATTENDING: Greg Fogg, Chad Petrik, Gus Belt

**** VERY, VERY IMPORTANT TO CHECK-IN AT LEAST ½ HR BEFORE YOUR RACE! ****

FRIDAY: Coach Chad, Coach Greg leaving from MCHS 10:30am for DMR Rosters / Everyone else assuming is getting there OYO on **SATURDAY**!

2026 Stanford Invitational || FINAL Time Schedule
Cobb Track and Angell Field
April 3-4, 2026

FRIDAY || FIELD EVENTS

Time	Event	Notes
9:30 AM	Men's Javelin Collegiate	1 Flight
9:45 AM	Men's Hammer Collegiate	1 Flight
10:00 AM	Men's Long Jump Collegiate	1 Flight
10:00 AM	Women's Long Jump Collegiate	2 Flights
10:00 AM	Women's Pole Vault Collegiate	1 Flight
11:00 AM	Men's High Jump	2 Flights (High/Low)
11:15 AM	Women's Javelin Invitational	1 Flight
11:30 AM	Women's Hammer Invitational	1 Flight
12:45 PM	Women's Pole Vault Invitational	1 Flight
1:00 PM	Men's Long Jump Invitational	1 Flight
1:00 PM	Women's Long Jump Invitational	1 Flight
1:15 PM	Men's Javelin Invitational	1 Flight
2:00 PM	Women's High Jump	2 Flights (High/Low)
2:00 PM	Women's Shot Put Invitational	1 Flight
2:45 PM	Men's Discus Invitational	1 Flight
3:00 PM	Girls' Long Jump	2 Flights
3:00 PM	Boys' Long Jump	2 Flights
3:45 PM	Boys' Pole Vault	1 Flight
3:45 PM	Women's Shot Put Collegiate	1 Flight
4:15 PM	Men's Discus Collegiate	1 Flight

FRIDAY || TRACK EVENTS

Time	Events	Section/Advancement Procedure
10:00 AM	Men's 5000m	Section #4
10:16 AM	Women's 5000m	Section #4
10:37 AM	Women's 100mH Prelims	4 Heats (9 to Final: Winner + Times)
10:55 AM	Men's 110mH Prelims	3 Heats (9 to Final: Winner + Times)
11:10 AM	Women's 100m Prelims	5 Heats (9 to Final: Winner + Times)
11:30 AM	Men's 100m Prelims	5 Heats (9 to Final: Winner + Times)
11:51 AM	Women's 1500m	Section #6
11:57 AM	Women's 1500m	Section #5
12:03 PM	Women's 1500m	Section #4
12:09 PM	Men's 1500m	Section #7
12:15 PM	Men's 1500m	Section #6
12:21 PM	Men's 1500m	Section #5
12:27 PM	Men's 1500m	Section #4
12:35 PM	Women's 400m	5 Sections
12:55 PM	Men's 400m	5 Sections
1:16 PM	Girls' 3200m	1 Section
1:31 PM	Boys' 3200m	1 Section
1:46 PM	Girls' 400mH	2 Sections
1:54 PM	Women's 400mH	4 Sections
2:12 PM	Boys' 400mH	2 Sections
2:20 PM	Men's 400mH	3 Sections
2:35 PM	Girls' Distance Medley Relay	2 Sections
3:07 PM	Boys' Distance Medley Relay	2 Sections
3:33 PM	Women's 200m	4 Sections
3:49 PM	Men's 200m	4 Sections
	Meet Break	
5:00 PM	Women's 3000m Steeple	Section #3
5:14 PM	Women's 3000m Steeple	Section #2
5:28 PM	Women's 3000m Steeple Invitational	Section #1
5:43 PM	Men's 3000m Steeple	Section #3
5:56 PM	Men's 3000m Steeple	Section #2
6:09 PM	Men's 3000m Steeple Invitational	Section #1
6:22 PM	Women's 1500m	Section #3
6:28 PM	Women's 1500m	Section #2
6:34 PM	Women's 1500m Invitational	Section #1
6:40 PM	Men's 1500m	Section #3
6:46 PM	Men's 1500m	Section #2
6:52 PM	Men's 1500m Invitational	Section #1
6:59 PM	Women's 5000m	Section #3
7:19 PM	Women's 5000m	Section #2
7:39 PM	Men's 5000m	Section #3
7:56 PM	Men's 5000m	Section #2
8:13 PM	Women's 5000m Invitational	Section #1
8:31 PM	Men's 5000m Invitational	Section #1
8:48 PM	Women's 10000m Invitational	Section #1
9:25 PM	Men's 10000m Invitational	Section #1
9:58 PM	Women's 10000m	Section #2
10:36 PM	Men's 10000m	Section #2

SATURDAY || FIELD EVENTS

Time	Event	Notes
9:00 AM	Boys' Discus	1 Flight
9:00 AM	Girls' Shot Put	2 Flights
9:30 AM	Girls' Pole Vault	1 Flight
9:45 AM	Women's Hammer Collegiate	1 Flight
10:00 AM	Boys' Triple Jump	2 Flights
10:00 AM	Girls' Triple Jump	2 Flights
10:00 AM	Girls' High Jump	1 Flight
11:00 AM	Girls' Discus	1 Flight
11:00 AM	Boys' Shot Put	2 Flights
12:00 PM	Men's Hammer Invitational	1 Flight
1:00 PM	Boys' High Jump	1 Flight
1:00 PM	Men's Triple Jump Collegiate	1 Flight
1:00 PM	Women's Triple Jump Collegiate	1 Flight
1:00 PM	Women's Javelin Collegiate	1 Flight
1:15 PM	Men's Pole Vault Invitational	1 Flight
2:15 PM	Men's Shot Put Invitational	1 Flight
3:00 PM	Women's Discus Invitational	1 Flight
3:00 PM	Men's Triple Jump Invitational	1 Flight
3:00 PM	Women's Triple Jump Invitational	1 Flight
3:45 PM	Men's Shot Put Collegiate	1 Flight
3:45 PM	Men's Pole Vault Collegiate	1 Flight
4:45 PM	Women's Discus Collegiate	1 Flight

SATURDAY || TRACK EVENTS

11:00 AM	Girls' 4x100m Relay Prelims	3 Heats (Top 9 Times to Final)
11:15 AM	Boys' 4x100m Relay Prelims	3 Heats (Top 9 Times to Final)
11:30 AM	Girls' 1600m	2 Sections
11:46 AM	Boys' 1600m	2 Sections
12:01 PM	Girls' 100mH Prelims	3 Heats (Top 9 Times to Final)
12:14 PM	Boys' 110mH Prelims	3 Heats (Top 9 Times to Final)
12:27 PM	Girls' 100m Prelims	3 Heats (Top 9 Times to Final)
12:37 PM	Boys' 100m Prelims	3 Heats (Top 9 Times to Final)
12:50 PM	**Lori Maynard Kids Half Lapper**	
	Recognition Announcements: Thank you of Officials, Coaches, Parents	
	National Anthem	
1:10 PM	Women's 4x100m Relay	2 Sections
1:18 PM	Men's 4x100m Relay	2 Sections
1:26 PM	Girls' 4x100m Relay	Final
1:31 PM	Boys' 4x100m Relay	Final
1:36 PM	Girls' 800m	3 Sections
1:52 PM	Boys' 800m	3 Sections
2:09 PM	Women's 800m	7 Sections
2:33 PM	Men's 800m	7 Sections
3:00 PM	Girls' 400m	3 Sections
3:08 PM	Boys' 400m	3 Sections
3:23 PM	Girls' 100H	Final
3:29 PM	Women's 100mH	Final
3:36 PM	Boys' 110mH	Final
3:42 PM	Men's 110mH	Final
3:49 PM	Girls' 100m	Final
3:53 PM	Women's 100m	Final
3:57 PM	Boys' 100m	Final
4:01 PM	Men's 100m	Final
4:06 PM	Girls' 4x400m Relay	3 Sections
4:27 PM	Boys' 4x400m Relay	3 Sections
4:48 PM	Women's 4x400m Relay	2 Sections
5:02 PM	Men's 4x400m Relay	2 Sections

FRIDAY (Driving down with Coach Greg/Coach Chad, leave 10:30am)

2:35pm Girls DMR: Quinne C, Alena H, Sloan C, Joslyn T (Sofia C, Keeley G Alt.)

3:07pm Boys DMR: Austin P, Cameron J, Laszlo K, Hugh C (Milo W, Alt.)

SATURDAY (Everyone Driving OYO):

9:30am Girls Pole Vault: Nell K

10:00am Girls High Jump: Sireen M

12:01pm Girls 100H: Tava C

1:00pm Boys High Jump: Malachi C

1:52pm Boys 800m: Cameron J, Jonathan R

GO PUMAS!!!