

**UPDATED Meet Schedule for Longhorn Stampede
at Lambert HS, Saturday, Mar 7, 2026**

8:30 am Coaches Meeting

9:00 am Field Events

Discus Boys/Girls	4 Throws, Minimums: 90'/60'
Shot Girls/Boys	4 Throws, Minimums: 25'/35'
Long Jump Boys/Girls	4 Jumps, Minimums: 17'/14'
Triple Jump Boys/Girls	4 Jumps, Minimums: 36'/30'
High Jump Girls/Boys	Starting Heights: 4'2"/5'0"
Pole Vault Girls/Boys	Starting Heights: 6'6"/8'6"

9:00 am Running Events

3200m Run Girls/Boys 1 Heat Each

Girls 1600m Run	Heats 1-2 (starting around 9:30 am)
Boys 1600m Run	Heats 1-4 (starting around 9:50 am)
Girls 200m Dash	Heats 1-14 (starting 10:20 am)
Boys 200m Dash	Heats 1-21 (starting 10:50 am)

11:30 am The track will be open for warmups for approximately 30 minutes.

12:00 pm Varsity Running Events (Rolling Schedule; Girls Heats followed by Boys Heats)

4x800 Meter Relay

100/110 Meter Hurdles

100 Meter Dash

4 x 200m Relay

1600 Meter (Girls Heats 3-4, Boys Heats 5-6)

4x100 Meter Relay

400 Meter Dash

300 Meter Hurdles

800 Meter Run

200 Meter Dash (Girls Heats 15-18, Boys Heats 22-25)

20 - 30 Minute Break

4x400 Meter Relay