

3rd Grade Spanish Fork Track & Field Day - Tuesday, April 21, 2026

Bad weather alternate will be April 30, 2026
Events with lane and heat assignment are posted at

<https://www.spanishfork.org/departments/parkrec/sports/other/index.php>

ORDER OF EVENTS

Meet will begin promptly at 9:45 am

| | | |
|--------------------|----------------------------------|----------------------------------|
| Boys & Girls..... | Javelin Throw..... | Brockbank, Larsen & Spanish Oaks |
| Boys & Girls..... | Standing Long Jump..... | ALA, East Meadows & Riverview |
| Girls..... | 400 Meter Run (FINALS)..... | All schools |
| Boys..... | 400 Meter Run (FINALS)..... | All schools |
| Girls..... | 50 Meter Run (TRIALS)..... | All schools |
| Boys..... | 50 Meter Run (TRIALS)..... | All schools |
| Boys & Girls..... | Javelin Throw..... | Canyon, Park & Rees |
| Boys & Girls..... | Standing Long Jump..... | Brockbank, Larsen & Spanish Oaks |
| Girls..... | 100 Meter Run (TRIALS)..... | All schools |
| Boys..... | 100 Meter Run (TRIALS)..... | All schools |
| Boys & Girls..... | Javelin Throw..... | ALA, East Meadows & Riverview |
| Boys & Girls..... | Standing Long Jump..... | Canyon, Park & Rees |
| Girls..... | 200 Meter Run (FINALS)..... | All schools |
| Boys..... | 200 Meter Run (FINALS)..... | All schools |
| Girls..... | 50 Meter Run (SEMI-FINALS)..... | All schools |
| Boys..... | 50 Meter Run (SEMI-FINALS)..... | All schools |
| Girls..... | 100 Meter Run (SEMI-FINALS)..... | All schools |
| Boys..... | 100 Meter Run (SEMI-FINALS)..... | All schools |
| Pre-Schoolers..... | Lollipop Race | |
| Girls..... | 50 Meter Run (FINALS)..... | All schools |
| Boys..... | 50 Meter Run (FINALS)..... | All schools |
| Girls / Boys..... | Lunch Break if time permits..... | All schools |
| Girls..... | 100 Meter Run (FINALS)..... | All schools |
| Boys..... | 100 Meter Run (FINALS)..... | All schools |

***Parents/spectators MUST sit in the visitor (east) bleachers.**

Please remember we are guests at the SFHS Track & Field area, please help us by picking up the trash around where you are sitting.

RESULTS ANNOUNCED THROUGHOUT THE DAY AS EVENTS FINISH