

4th Grade Spanish Fork Track & Field Day - Thursday, April 23, 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>

Meet will begin promptly at 9:45 am

ORDER OF EVENTS

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