Westmont Warrior Relays

February 14, 2026

FRIDAY February 13 Noon M Indoor One-day Heptathlon 1:00 W Indoor Pentathlon

SATURDAY February 14

Scoring 7-5-4-3-2-1 relays and individual events

Running Events

co-ed relays 2M/2W coach chooses order
multiple relays may be entered and all can score

11:45 4 x 800 co-ed
Noon M 60m Hurdles
12:10 W 60m Hurdles
12:20 W 2000m Steeplechase
12:35 M 2000m Steeplechase
12:50 Sprint Medley coed (200-200-400-800)
1:00 W 60m
1:10 M 60m
1:20 W 1000m
1:30 M 1000m
1:40 Distance Medley coed
1:55 W 300m
2:05 M 300m
2:15 W 600m
2:25 M 600m
2:35 W 300m Hurdles
2:45 M 300m Hurdles
2:55 W The Mile
3:05 M The Mile
3:15 W 150m
3:25 M 150m
3:35 W 3000m
3:50 M 3000m
4:05 4 x 400m coed

Happy Valentine's Day

A competition for the love and fun of Track & Field

Field Events (4 attempts in throws, jumps)

Combined M/W field events if fields max at 16

10:45 am W/M Weight Throw

11:00 am W/M Pole Vault

11:15 W/M Long Jump (south runway)
W/M Triple Jump begins 45:00 after LJ

11:45 W/M High Jump

Noon W/M Shot Put

1:15 pm W/M Javelin

2:30 W/M Discus (after javelin)

NOTES FOR MEET DAY

Runners Check-in 20 minutes prior to event and pick up hip number. Wear bib number on front of singlet. Individual running event changes at the Track Shed Office prior to start of the meet.

Field athletes go to the field venue at least 30 minutes before their event begins. Adds and scratches at the event with head official

Running warm-up on Lovik Field available below the tennis courts.

Coaching/Athletic Trainer alleys on gray track lane

Pole vault access on the path outside of the track below the start/finish line