



Windsor High - TRACK & FIELD 2026

MEET ITINERARY

(rev 260305)

BIG CAT INVITE

Saturday, March 7, 2026

Santa Rosa High School 1235 Mendocino Ave, Santa Rosa, CA 95401



ATHLETICS.NET LIVE RESULTS: <https://www.athletic.net/TrackAndField/meet/624492/results>

TIMELINE FOR BIG CAT - March 7 (Approx Actual 2025 Timeline Shown)

RUNNING EVENTS		approx start time!	Arrive at Track NO LATER THAN
4x100	JVG	9:00 AM	7:50 AM
4x100	JVB	9:12 AM	
4x100	VG	9:18 AM	
4x100	VB	9:30 AM	
1600	JVG	9:40 AM	8:30 AM
1600	JVB	10:10 AM	9:00 AM
1600	VG	10:40 AM	9:30 AM
1600	VB	11:04 AM	9:54 AM
100/110H	JVG	11:30 AM	10:20 AM
100/110H	JVB	11:38 AM	10:28 AM
100/110H	VG	11:40 AM	10:30 AM
100/110H	VB	11:44 AM	10:34 AM
400	JVG	11:55 AM	10:45 AM
400	JVB	12:01 PM	10:51 AM
400	VG	12:13 PM	11:03 AM
400	VB	12:35 PM	11:25 AM
100	JVG	1:00 AM	11:50 PM
100	JVB	1:30 AM	12:20 AM
100	VG	2:00 AM	12:50 AM
100	VB	2:24 AM	1:14 AM
800	JVG	2:45 AM	1:35 AM
800	JVB	2:53 AM	1:43 AM
800	VG	3:05 AM	1:55 AM
800	VB	3:13 AM	2:03 AM
300H	JVG	3:40 AM	2:30 AM
300H	JVB	3:43 AM	2:33 AM
300H	VG	3:45 AM	2:35 AM
300H	VB	3:50 AM	2:40 AM
200	JVG	4:00 AM	2:50 AM
200	JVB	4:24 AM	3:14 AM
200	VG	4:48 AM	3:38 AM
200	VB	5:06 AM	3:56 AM
3200	Girls	5:30 AM	4:20 AM
3200	Boys	5:48 AM	4:38 AM
4x400	JVG	6:05 AM	4:55 AM
4x400	JVB	6:11 AM	
4x400	VG	6:17 AM	
4x400	VB	6:23 AM	

FIELD EVENTS BEGIN AT 9:00 AM

VG SHOT PUT (3 attempts RING 2)
JVG SHOT PUT (3 attempts RING 3)

VB DISCUS (3 attempts RING 4)
JVB DISCUS (3 attempts RING 1)

BOYS HIGH JUMP (Continuous)
JVB (start at 4'6")
VB (start at 5'0")

POLE VAULT (Continuous)
JVG/VG (start at 6'0")
JVB (start at 7'6")
VB (start at 9'0")

LONG JUMP (3 attempts/Open Pit)
Girls run throughs 8:30 am - 9:00 am
Girls 9:00 am - 11:30 am
Boys run throughs 11:30 am - 12:00 pm
Boys 12:00 pm - 2:30 pm

The following events will begin after the conclusion of the above events:

VB SHOT PUT (3 attempts RING 2)
JVB SHOT PUT (3 attempts RING 3)

VG DISCUS (3 attempts RING 4)
JVG DISCUS (3 attempts RING 1)

GIRLS HIGH JUMP (Continuous)
JVG (start at 3'6")
VG (start at 4'0")

TRIPLE JUMP (3 attempts/Open Pit; after LJ/2:00 pm)

IMPORTANT FOR ATHLETES/PARENTS!

• **ARRIVAL:** All Athletes need to be at SRHS at least 1 hour before the start of their event! First events start at 9:00am!

• **PARKING!** Space will be limited! Plan on ~10 minutes to secure parking at SRHS (encouraging use of student parking lot – access of Ridgway Ave.) or you can park and pay at SRJC.

• **SPECTATOR TICKETS!** SRHS will be using "Go Fan" for Spectator Tickets; cash is accepted at Main Gate, not Back Gate by Snack Bar. -Full Snack Bar available all day!

• **COMPETITOR #S!** ...For all Athletes! Please find our WHS team tent when you arrive, get your unique competitor # posted in our team canopy (**CAREFULLY** - sharpie # on top of your left hand).

• **ORDER OF EVENTS!** ...Reference the approximate timeline to the left, there is no official time-schedule for this meet. EVERYONE needs to ***pay attention*** to how many races/how many heats are ahead of the start of your race! Coaches will send out periodic schedule estimates through the day via BAND

• **SEEDING FOR YOUR EVENT!** This meet will SEED (SLOW > FAST) IN THE BULLPEN! All running event entrants, including relays, must report to the center of the football field upon your event's "Final Call."

Any questions, contact WHS Head Track & Field Coaches, Ruben DiRado or Max Sandwina on BAND ...Keep checking on our Team Website for updates windsorhighrunning.com

GO JAGUARS!!