



## Mid-February Meet

Friday February 13<sup>th</sup>, 2026

Lou Higgins Recreational Center- Berea, OH

Schedule of Events: (Estimated times based on last years heats, will readjust week of meet)

### Field Events

4:00PM Men's Weight (women to follow)  
Women's Shot (men to follow)  
Women's Long Jump (men to follow)  
Men's High Jump (women to follow)  
Men's Pole Vault (women to follow)  
Men's Triple Jump (follows women's LJ, women's TJ after Men)

### Track Events – *women run first unless noted*

5:30pm 55m Dash semi-finals  
55m Hurdle semi-finals

6:00PM 5000m Run  
6:20PM 4x200m Relay  
6:30PM Mile Run  
6:45PM 55m Hurdle Finals (**men followed by women**)  
6:55PM 400m Dash  
7:05PM 500m Run  
7:15PM 55m Dash Finals  
7:25PM 800m Run  
7:35PM 1000m Run  
7:50PM 200m Dash  
8:05PM 3000m Run  
8:35PM 4x400m Relay  
9:25PM Estimated meet conclusion

