



## HOMENETMEN

# 49<sup>th</sup> NAVASARTIAN GAMES – 2026

## Track & Field Schedule of Events

**Saturday July 4<sup>th</sup>**

Birmingham Community Charter High School

7000 Haynes St., Van Nuys, CA 91406

**10:00am to 3:00 pm (check in @ 9:30am)**

- There will not be any finals for any of the events.
- Participants will be racing to get the best time (distance) possible within each division, not just in each heat.
- The schedule is only an approximation. Depending on the number of participants, events may be delayed, or moved up.
- Participants must check in with their respective chapter.
- Each chapter must have a representative from the chapter executive committee or chapter athletic council present at all times during the event.
- **U12 THROUGH U8 DIVISION SHOTPUT AND LONGJUMP –** participants in these events are advised to complete these events **AFTER** their running events have concluded.
- **A DIVISION THROUGH U14 DIVISION SHOTPUT AND LONGJUMP -** participants in these events are advised to complete these events **BEFORE** their running events begin.

**THE TRACK AND THE FIELD IS FOR PARTICIPANTS ONLY. PARENTS MUST REMAIN IN THE BLEACHERS.**

**NO FOOD OR SPORTS DRINKS ALLOWED ON THE TRACK, ONLY WATER**

**ONLY 3/16IN. NEEDLE SPIKES ARE ALLOWED!**

All races are considered inclusive. Athletes may run at different times but the times from all races for the distance/event will be taken into consideration when determining the top three.

**8:00 am – 9:30 am**

**HRASHQ Track**

**9:30 am**

**Check-in for all chapters**

**9:50 am**

**Check-In for 3000 Meters**

10:00 am – 10:30 am

3000 Meters

U14 Boys and Girls  
U16 Boys and Girls  
U18 Boys and Girls  
A Boys and Girls

10:30 am – 10:45 am

50 Meters Inclusive

U8 Boys and Girls  
U10 Boys and Girls

10:45 am – 11:00 am

100 Meters Inclusive

U8 Boys and Girls  
U10 Boys and Girls  
U12 Boys and Girls

11:00 am – 11:30 am

1500 Meters

U14 Boys and Girls  
U16 Boys and Girls  
U18 Boys and Girls  
A Boys and Girls

11:30 am – 11:45 am

400 Meters

U10 Boys and Girls  
U12 Boys and Girls  
U14 Boys and Girls  
U16 Boys and Girls  
U18 Boys and Girls  
A Boys and Girls

11:45 am – 12:00 pm

100 Meters Inclusive

U14 Boys and Girls  
U16 Boys and Girls  
U18 Boys and Girls  
A Boys and Girls

12:00 pm – 12:20 pm

200 Meters

U8 Boys and Girls  
U10 Boys and Girls

		U12 Boys and Girls U14 Boys and Girls U16 Boys and Girls U18 Boys and Girls A Boys and Girls
12:20 pm – 12:45 pm	800 Meters	U14 Boys and Girls U16 Boys and Girls U18 Boys and Girls A Boys and Girls
12:45 pm – 1:10 pm	4 x 50 Relay	U8 Boys and Girls U10 Boys and Girls U12 Boys and Girls
1:10 pm – 1:35 pm	4 x 100 Relay	U8 Boys and Girls U10 Boys and Girls U12 boys and Girls U14 Boys and Girls U16 Boys and Girls U18 Boys and Girls A Boys and Girls
1:35 pm – 2:00 pm	4 x 400 Relay	U14 Boys and Girls U16 Boys and Girls U18 Boys and Girls A Division Boys and Girls
<b>10:00 am – 2:30 pm</b>	<b>Long Jump and Shot Put Open</b>	