TRACK & FIELD

Practice Starting Date – March 2, 2026 Meet Time - 3:15 p.m.

|  |  |  |
| --- | --- | --- |
| Thursday | March 19, 2026 | D Hamm @ Gunston  Jefferson @ Kenmore Swanson @ Williamsburg |
| Tuesday | March 24, 2026 | D Hamm @ Jefferson Swanson @ Gunston Williamsburg @ Kenmore |
| Thursday | March 26, 2026 | D. Hamm @ Kenmore Gunston @ Williamsburg Jefferson @ Swanson |
| Tuesday | April 7, 2026 | Swanson @ D Hamm Kenmore @ Gunston Williamsburg @ Jefferson |
| Thursday | April 9, 2026 | Williamsburg @ D Hamm Gunston @ Jefferson Kenmore @ Swanson |
| Tuesday | April 14, 2026 1:00 PM | COUNTY-FIELD EVENTS (Gunston) |
| Thursday | April 16, 2026 1:00PM | COUNTY RUNNING EVENTS  (Gunston) |

\* County Championship events are weather dependent

* **SCHEDULES ARE SUBJECT TO CHANGE – CHECK THE SCHOOL’S WEBSITE TO CONFIRM DAY, TIME & LOCATION.**

ARLINGTON MIDDLE SCHOOL ATHLETICS

rev. 05/27/25