



2026 EAST COAST RELAYS
Hosted By: Run For The Culture Inc.

When: May 1-2, 2026

Where: Hodges Stadium - University of North Florida
 This meet is World Athletics-sanctioned

Contacts

Facility Contact -

Ervin Lewis (904) 252-9511 / ervintlewis@gmail.com
 Marquita Mines (804)301-4285 / marquita.m@unf.edu

Meet Director -

Ervin Lewis (904) 252-9511 / ervintlewis@gmail.com

Facility

The track is a 9-lane all-weather surface. Only 1/4" or smaller pyramid spikes are allowed. Fully automatic timing and results will be generated using FinishLynx Cameras interfaced with Hy-Tek Meet Manager.

Eligibility

This meet is open primarily to collegiate athletic programs, but unattached athletes are welcome to participate. All registrations will be via Direct Athletics.

Entry Information

Teams and independent athletes will have until 11 pm EDT, Sunday, April 26th, to complete registration. Please note that you must pay for your entries online, or your entries will not be accepted.

Fees

The entry fee is \$85 unattached/per athlete or \$1000.00/per gender for 10 or more. Men's and women's teams are considered separate. All entries are non-refundable. Entries must be paid online

Weigh In

All implements must be checked in no later than 90 minutes before the start of the event. All impounded implements must be picked up by 2 pm on Saturday, May 2nd.

Practice

Practice times can be arranged by contacting Marquita Mines
 Thursday April 30th: 2pm-7pm
 Friday May 1st: 7am-11am

Tentative Time Schedule

Friday May 1st, 2026

Field Events

- 2:00 P.M. Hammer- M Top 9 Advance
Pole Vault- M Open/ Invite
- 3:00 P.M. High Jump- M
Shot Put- W Top 9 Advance
Long Jump- W Top 9 Advance
- 5:00 P.M. Hammer- W Top 9 Advance
Long Jump- M Top 9 Advance
- 6:00 P.M. Shot Put- M Top 9 Advance
Pole Vault- W Open/ Invite

Running Events (Potential Rolling Schedule)

- 5:45 P.M. 400H- W Finals 8:00 P.M. 1500M- M Finals
- 6:05 P.M. 400H- M Finals 8:30 P.M. 3k Steeple- W Finals
- 6:35 P.M. 200M- W Finals 8:50 P.M. 3k Steeple- M Finals
- 7:05 P.M. 200M- M Finals 9:10 P.M. 5k- W Finals 1 Section
- 7:35 P.M. 1500M- W Finals 9:30 P.M. 5k- M Finals 1 Section

Saturday May 2nd, 2026

Field Events

- 11:00 A.M. Discus- M Top 9 Advance
Javelin- W Top 9 Advance
- 12:00 P.M. Triple Jump-W Top 9 Advance
- 1:00 P.M. High Jump- W
- 2:00 P.M. Triple Jump-M Top 9 Advance
- 2:30 P.M. Discus- W Top 9 Advance
Javelin- M Top 9 Advance

Running Events (Potential Rolling Schedule)

- 11:30 A.M. 110H- M Prelims
- 12:00 P.M. 100H- W Prelims

Intermission

- 1:30 P.M. 4x100- W Finals 3:15 P.M. 400M- W Finals
- 1:40 P.M. 4x100- M Finals 3:45 P.M. 400M- M Finals
- 1:55 P.M. 800M- W Finals 4:20 P.M. 100M- W Finals
- 2:25 P.M. 800M- M Finals 4:35 P.M. 100M- M Finals
- 3:00 P.M. 100H- W Finals 4:50 P.M. 4x400- W Finals
- 3:05 P.M. 110H- M Finals 5:00 P.M. 4x400- M Finals

Competition Warmup

Once the meet is underway, all warm-ups must be done on the practice track.

Field Events

All legal attempts will be measured for throws and horizontal jumps. Vertical jumps will have opening heights as follows:

- Men's High Jump:** 1.75
- Men's Pole Vault:** 4.40
- Women's High Jump:** 1.45
- Women's Pole Vault:** 3.20

Results

Live results can be found at live.halfmiletiming.com

Updates

Heat and lane assignments will be located at live.halfmiletiming.com

For updates regarding the meet, weather, etc. please follow: live.halfmiletiming.com

