



SAAC Track & Field 2026

FORMAT, SCORE AND SCHEDULE

The event will take place at the Nido de Aguilas Stadium, placed in Av. El Rodeo 14.200, Lo Barnechea, on April 16th, 17th and 18th.

1. Participants

PARTICIPATING SCHOOLS	
- Colegio Americano de Quito (ASQ)	- Lincoln (LINCOLN)
- Nido de Águilas Varsity (NIDO V)	- Graded (GRADED)
- Nido de Águilas Junior Varsity (NIDO JV)	- Franklin Delano Roosevelt (FDR)

CATEGORIES
Middle School 2014 – 2011
High School 2007 - 2010
<i>*Any exceptions, please inform in advance</i>

CATEGORY	GIRLS EVENTS
Middle School	100-meter, 200-meter, 400-meter, 800 meter, 3000-meter, 1200 meter, 4x400 meter relay, 4x100 meter relay, Medley relay, High jump, Long jump, Triple jump, Discus throw, Javelin throw, Shotput.
High School	100-meter, 200-meter, 400-meter, 800-meter, 3000-meter, 1500 meter, 4x400 meter relay, 4x100 meter relay, Medley relay, High jump, Long jump, Triple jump, Discus throw, Javelin throw, Shotput.

CATEGORY	BOYS EVENTS
Middle School	100-meter, 200-meter, 400-meter, 800 meter, 3000-meter, 1200 meter, 4x400 meter relay, 4x100 meter relay, Medley relay, High jump, Long jump, Triple jump, Discus throw, Javelin throw, Shotput.
High School	100-meter, 200-meter, 400-meter, 800-meter, 3000-meter, 1500 meter, 4x400 meter relay, 4x100 meter relay, Medley relay, High jump, Long jump, Triple jump, Discus throw, Javelin throw, Shotput.

2. Registrations

Registrations are made online and only on the platform **USPLAT.COM** on the **www.usplat.com** website, click on "**Inscripciones**" in the upper right, and enter with the "**Usuario**" and "**Contraseña**", which must be requested from **soporte@usplat.com**. The deadline for registration will be from **Friday, March 27th to Friday, April 10th at 8:00 p.m.**; After this period, no modifications may be made to the system.

During and after the tournament, you will be able to find all the information regarding the competition (results, scores, records, official documents, calendar of dates, among others) on the **www.usplat.com** and SAAC Track & Field website.

3. Each school will be able to register:

- **15 boys and 15 girls maximum per school.**
- **Maximum of 5 athletes per event**
- **Every athlete can do 5 individual events plus 3 relays.**
- **Only the top 3 athletes of each school, per event, score team points.**
- **Non scoring athletes will take positions without the points. The next highest finisher will receive points for their actual placement.**

4. Scoring (100m/200m)

- The top 8 qualifiers will score points in the 100m and 200m
 - In the 100m, only the top 6 will run in the final on 6 lanes. The next two fastest times (#7/#8) will receive team points but not qualify to run in the final.
 - In the 200m, there will be two timed heats on a 4-lane track.
 - The four fastest qualifying runners will race in the final heat of the two heats.

All other races will be timed finals with multiple heats as needed.

INDIVIDUAL POINTS BOARD			
1° - 10	3° - 6	5° - 4	7° - 2
2° - 8	4° - 5	6° - 3	8° - 1

RELAY POINTS BOARD			
1° - 20	3° - 12	5° - 8	7° - 4
2° - 16	4° - 10	6° - 6	8° - 2

5. Technical Specifications

- Each athlete will have 3 qualifying attempts and 3 more attempts for the top 8 athletes in the long/triple jumps and throwing events.

THROWS				
EVENT	MS GIRLS	MS BOYS	HS GIRLS	HS BOYS
Shot Put	3 kg	4 kg	4 kg	5 kg
Javelin	500 gr	600 gr	600 gr	700 gr
Discus	1 kg	1 kg	1 kg	1,5 kg

JUMPS				
EVENT	MS GIRLS	MS BOYS	HS GIRLS	HS BOYS
High Jump	1,00 meters	1,10 meters	1,10 meters	1,20 meters
Triple Jump	7m*	7m*	7m/9m	7m/9m

**If necessary, a shorter takeoff distance may be marked.*

6. Miscellaneous

- **Any situation not contemplated in the rules will be resolved with the general judge of the tournament.**
- The competition will NOT be suspended due to pre-emergency, only the middle- and long-distance events could be suspended.
- The competition will NOT be suspended due to rain.
- In the case of near lightning strikes, participants will take cover inside the Gym/Blue Courts until it's been all-clear for 30 minutes, at which point the event will resume where it left off.

TRACK & FIELD SCHEDULE

DAY 1: APRIL 16th, 2026				
STAGE 1 – AFTERNOON SESSION				
LAST CALL	TIME	EVENT	CATEGORY	GENDER
12:30	13:00	Javelin Throw	MS	Girls
12:30	13:00	Triple Jump	HS	Boys
13:05	13:15	3000 meters	MS	Girls
13:25	13:35	3000 meters	MS	Boys
13:45	13:55	3000 meters	HS	Girls
13:30	14:00	Triple Jump	HS	Girls
13:30	14:00	Javelin Throw	MS	Boys
14:05	14:15	3000 meters	HS	Boys
14:35	14:45	400 meters	MS	Girls
14:30	15:00	Javelin Throw	HS	Girls
14:55	15:05	400 meters	MS	Boys
14:45	15:15	Triple Jump	MS	Girls
15:15	15:25	400 meters	HS	Girls
15:35	15:45	400 meters	HS	Boys
15:30	16:00	Javelin Throw	HS	Boys
15:45	16:15	Triple Jump	MS	Boys
16:40	17:00	Relay 4 x 100 m	MS	Girls
16:50	17:10	Relay 4 x 100 m	MS	Boys
17:00	17:20	Relay 4 x 100 m	HS	Girls
17:10	17:30	Relay 4 x 100 m	HS	Boys
17:45	Medal Ceremony Javelin, Triple jump, 400m, 3000m, 4x100m Relay			



DAY 2: APRIL 17th, 2026				
STAGE 2 - MORNING SESSION				
LAST CALL	TIME	EVENT	CATEGORY	GENDER
8:30	9:00	High Jump	MS	Boys
8:30	9:00	Discus Throw	HS	Boys
9:20	9:30	800 meters	MS	Boys
9:40	9:50	800 meters	MS	Girls
10:00	10:10	800 meters	HS	Boys
10:20	10:30	800 meters	HS	Girls
10:10	10:40	Discus Throw	HS	Girls
10:10	10:40	High Jump	MS	Girls
10:30	10:40	100 semi finals	MS	Boys
10:50	11:00	100 semi finals	MS	Girls
11:10	11:20	100 semi finals	HS	Boys
11:30	11:40	100 semi finals	HS	Girls
12:00	Medal Ceremony HS Discus, MS High Jump, 800 meters			

DAY 2: APRIL 17th, 2026				
STAGE 3 - AFTERNOON SESSION				
LAST CALL	TIME	EVENT	CATEGORY	GENDER
14:00	14:30	High Jump	HS	Boys
14:00	14:30	Discus Throw	MS	Boys
15:20	15:30	100 meters final	MS	Boys
15:30	15:40	100 meters final	MS	Girls
15:30	16:00	Discus Throw	MS	Girls
15:40	15:50	100 meters final	HS	Boys
15:50	16:00	100 meters final	HS	Girls
15:45	16:15	High Jump	HS	Girls
16:25	16:45	Medley Relay	MS	Boys
16:40	17:00	Medley Relay	MS	Girls
16:55	17:15	Medley Relay	HS	Boys
17:10	17:30	Medley Relay	HS	Girls
17:45	Medal Ceremony HS High Jump, MS Discus Throw, 100 meters, Medley Relay			

DAY 3: APRIL 18th, 2026				
STAGE 4 - MORNING SESSION				
LAST CALL	TIME	EVENT	CATEGORY	GENDER
9:00	9:30	Long Jump	HS	Girls
9:00	9:30	Shot Put	MS	Boys
9:20	9:30	200m semifinals	MS	Girls
9:35	9:45	200m semifinals	MS	Boys
9:50	10:00	200m semifinals	HS	Girls
10:05	10:15	200m semifinals	HS	Boys
10:15	10:45	Shot Put	MS	Girls
10:15	11:00	Long Jump	HS	Boys
10:40	11:15	1200 meters	MS	Girls
11:00	11:35	1200 meters	MS	Boys
11:20	11:55	1500 meters	HS	Girls
11:40	12:15	1500 meters	HS	Boys
12:30	MEDAL CEREMONY: MS Shot Put, HS Long Jump, 1200m, 1500m			

DAY 3: APRIL 18th, 2026				
STAGE 5 - AFTERNOON SESSION				
LAST CALL	TIME	EVENT	CATEGORY	GENDER
13:45	14:15	Long Jump	MS	Boys
13:45	14:15	Shot Put	HS	Girls
15:10	15:20	200 meters final	MS	Girls
15:25	15:30	200 meters final	MS	Boys
15:40	15:40	200 meters final	HS	Girls
15:55	15:50	200 meters final	HS	Boys
15:15	15:45	Shot Put	HS	Boys
15:15	15:45	Long Jump	MS	Girls
16:25	16:45	Relay 4 x 400 m	MS	Girls
16:40	17:00	Relay 4 x 400 m	MS	Boys
16:55	17:15	Relay 4 x 400 m	HS	Girls
17:10	17:30	Relay 4 x 400 m	HS	Boys
17:45	MEDAL CEREMONY: HS Shot Put, MS Long Jump, 200m, 4x400m			

