

**GOLDEN EMPIRE LEAGUE
2025-2026 TRACK AND FIELD 2025-2026
(August 4, 2025)**

JULY 1-14 DEAD Period NO CONTACT; JULY 15-JAN 11 LIMITED OR OUT OF SEASON; JAN 12-FEB 8 LIMITED

TH 1/29/2026 SPRING COACHES MEETING TBA 6:00
 MON 2/2/2026 PRACTICE BEGINS
 FRI 2/13/2026 FIRST SCRIMMAGE
 FRI 2/20/2026 FIRST CONTEST
 SAT 3/28/2026 SIT OUT PERIOD
 SAT 5/2/2026 LAST CONTEST

<u>DAY</u>	<u>DATE</u>	<u>CENTER MEETS</u>	<u>LOCATION</u>	<u>TIME</u>
WED	3/25/2026	CENTER MEET #1	Dixon	1:30 Field 2:30 Running
WED	4/8/2026	CENTER MEET #2	Casa Roble	1:30 Field 2:30 Running
WED	4/22/2026	CENTER MEET #3	El Camino	1:30 Field 2:30 Running
WED	4/29/2025	RAIN MAKE-UP	TBD	TBD
SAT	5/2/2026	LEAGUE MEET	Casa Roble	12:00 Field 1:00 Running
WED	5/13/2026	SECTION MEET	TBD	TBD
FRI	5/15/2026	SECTION MEET	TBD	TBD
FRI	5/22/2026	MASTERS MEET	Folsom	TBD
SAT	5/23/2026	MASTERS MEET	Folsom	TBD
FRI	5/29/2026	STATE MEET	Buchanan HS	TBD
SAT	5/30/2026	STATE MEET	Buchanan HS	TBD