

GOHS Spring Track Schedule 2026

Date	Day	Meet/Meeting	Home or Away	Which Athletes?	Time	Notes
Jan 10	Sat	GOHS Winter Qualifier	Home	Everyone	All Day	Athletes can compete or choose to be there to volunteer.
Jan 13	Tues	Required Spring Track Season Parent Meeting	Home	Everyone	7 PM	PAC - Performing Arts Center; Parents will be getting information for the Season and signing Parent contracts.
Jan 20	Tues	Official Spring Season Practices Begin	Home	Everyone	4 PM	All athletes must be athletically cleared to start. Meet in the stadium at the High Jump area. Jan 20-Jan 30 is tryouts. Rosters will be posted Jan 30. Fair Share Donations are due by Feb 2.
Jan 31	Sat	Vista Winter Qualifier	Vista	Everyone	All Day	Only interested athletes who have trained during Winter.
Feb 7	Sat	Winter State Championships	Away	Qualified Athletes	All Day	All Athletes who qualify for Winter State Championships MUST purchase their Golden Tickets at the meet where they qualify.
Feb 13	Fri	Team Time Trial Comp	Home	Everyone	7-11 AM	
Feb 21	Sat	Tri-Meet with CCA and Cathedral	Away	Everyone	All Day	
Feb 28	Sat	Saddle Up Invite	Away	Qualified Athletes		VMHS
Mar 7	Sat	Arcadia Distance	Away	Distance Only		
Mar 13	Fri	Redondo Nike Track Festival	Away	Varsity & FS Qualified	Fri Night	https://www.redondoinvitational.com/meet-info
Mar 14	Sat	Redondo Nike Track Festival	Away	Varsity & FS Qualified	All Day	
Mar 14	Sat	Legacy Invitational	Away	Everyone not competing at Redondo	All Day	Murrieta Mesa High School
Mar 18	Wed	Vista Murrieta Dual	Home	Everyone	3:15 PM	
Mar 21	Sat	Triton Invitational	Away	Qualified Athletes	All Day	San Clemente High School
Mar 21	Sat	Adidas Meet of Champions @APU	Away	Distance Only	All Day	https://www.mocdistanceclassic.com/
Mar 23 -April 3		SPRING BREAK	Please note we have only one league meet during Spring Break!! Please plan your vacations accordingly.			
Mar 25	Wed	Chaparral Dual	Away	Everyone	3:15 PM	
Mar 28	Sat	The Ten	Away	Qualified Athletes		J Serra High School

Mar 28	Sat	Mt Carmel Invite	Away	Qualified Athletes		Mt Carmel High School
April 3-4	Fri-Sat	Trabuco Hills Invitational and Distance Carnival	Away	Qualified Athletes	Both Days	https://www.trabucohillsinvitational.com/
April 8	Wed	Temecula Valley Dual	Home	Everyone	3:15 PM	
April 10-11	Fri-Sat	Arcadia Invitational	Away	Varsity Qualifiers	Fri Night & Sat	https://www.arcadiainvitational.org/
April 15	Wed	Murrieta Mesa Dual	Away	Everyone	3:15 PM	Murrieta Mesa High School
April 17	Fri	Mt. SAC Relays	Away	Varsity Qualifiers	Fri Night	https://runmtsac.com/relays/
April 18	Sat	Mt. SAC Relays	Away	Varsity Qualifiers	All Day	
April 18	Sat	IE Championships @ Vista Murrieta HS	Away	Varsity & FS Qualified	All Day	Vista Murrieta High School
April 22	Wed	Murrieta Valley Dual	Away	Everyone	3:15 PM	Murrieta Valley High School
League Finals to CIF State						
April 29	Wed	Southwestern League Finals @ Vista Murrieta	Away	FS & Varsity Qualifiers	2:30 PM 4:30 PM	Vista Murrieta High School
May - but date not set		T&F Season Banquet		ALL	TBA	PAC - All athletes invited to attend.
May 9	Sat	CIF Prelims @ Trabuco Hills HS	Away	Varsity Qualifiers	All Day	This is also the same day as the GOHS Prom.
May 13	Wed	Middle School track Meet GOHS Track & Field Showcase	Home	ALL athletes volunteer to help.	2:30 PM	This is our chance to get middle school athletes excited about Track & Field!
May 16	Sat	CIF Finals (D1) @ Moorpark HS	Away	Varsity Qualifiers	All Day	
May 23	Sat	CIF Masters @ Moorpark HS	Away	Varsity Qualifiers	All Day	
May 29	Fri	CIF State @ Buchanan HS (Fresno)	Away	Varsity Qualifiers	Fri Night	
May 30	Sat	CIF State @ Buchanan HS (Fresno)	Away	Varsity Qualifiers	All Day	
June 18-21	Thurs-Sun	Nike Outdoor Nationals	Away	Varsity Qualifiers	All Day	This will be a special trip for qualifying athletes. Oregon