

2026 EHMS Track Schedule

Optional Workouts: 2:30 - 4:00

6 th grade	7 th grade	8 th grade
M, 2/2 M, 2/9	W, 2/4 Tu, 2/10	Th, 2/5 W, 2/11

Tryouts: Starting Tu, 2/17, 2:30 - 4:00, more information to come.

Meets:

Th, 3/12 @ 4:30: OKMS Time Trials at Howard (open running events only - no field, no relays)

M, 3/30 @ 4:30: Signal Mountain

Th, 4/2 @ 5:00: EHHS

Tu, 4/7 @ 5:00: EHHS Field Day (field events only)

W, 4/8 @ 4:30: Signal Mountain (JV only)

Th, 4/9 @ 5:00: EHHS

F, 4/17 @ 4:00: Chattanooga Christian Invitational

TBD: Hamilton County Top 16

Sa, 4/25: Regionals at Lee University

Sa, 5/2: Sectionals at Riverdale (Murfreesboro)

M, 5/18: State at University of Tennessee - Knoxville