

DHS Track 2026

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| Old Capital Invitational | March 14 | |
| Delta Tri-Meet | March 18 | 3 pm |
| Mountain Valley Invite | March 20 | |
| Juab Invitational | March 27 | |
| 2025 Carbon Invite | April 11 | |
| Tooele Invitational | April 22 | |
| Delta Home Meet | April 25 | |
| SUU Meet | May 1-2 | |
| Region Track | May 6-7 | |
| State Track @ BYU | May 14-16 | |