

UPDATED ADAL 2025 Track & Field Schedule (lead school in bold)

Prep Meets

Wed, April 16, 6pm at San Mateo High School

Schools: **Abbott**, Bayside, Bowditch, North Shoreview, Parkside

Fri, April 18, 4:15pm at Gunn High School

Schools: Borel, Fletcher, **JLS**

Fri, April 18, 4:15pm at Palo Alto High School

Schools: **Greene**, Central, Ralston, TL

Wed, April 23, 4:30pm at Carlmont High School

Schools: **Central**, Cunha, Fletcher, North Shoreview, Ralston, **Tierra Linda**

Wed, April 23, 6pm at San Mateo High School

Schools: Abbott, Bayside, **Bowditch**, Greene, JLS, Parkside

Wed, April 30, 6pm at San Mateo High School

Schools: Abbott, **Bayside**, Bowditch, Central, Cunha, North Shoreview, Parkside, Tierra Linda

Fri, May 2, 4:15pm at Gunn High School

Schools: **Borel**, Fletcher, Greene, JLS, Ralston

Wed, May 7, 6pm at San Mateo High School

Schools: Bayside, Borel, Central, **North Shoreview**, Parkside, Tierra Linda

Thurs, May 8, 4:15pm at Half Moon Bay High School

Schools: Bowditch, **Cunha**, Ralston

Fri, May 9, 4:15pm at Palo Alto High School

Schools: Abbott, **Fletcher**, Greene, JLS

Sectionals at Carlmont High School – lead Ralston

Mon, May 12, 4:30pm: All Events: **Girls Track & Boys Field**

Wed, May 14, 4:15pm: All Events: **Boys Track & Girls Field**

Sectionals at Palo Alto High School – lead Greene & JLS

Mon, May 12, 4:30pm: All Events: **Girls Track & Boys Field**

Wed, May 14, 4:15pm: All Events: **Boys Track & Girls Field**

Finals at Gunn High School – Lead Fletcher Only Sectional qualifiers can participate.

Mon, May 19, 4:30pm: All Events: **Girls Track & Boys Field**

Wed, May 21, 4:15pm: All Events: **Boys Track & Girls Field**