

**Conference Carolinas  
2026 Men's & Women's Indoor Track & Field Championships**

**MEET SCHEDULE**

**Sunday, February 22**

**Multi Events**

**Time            Event**

1:00pm Men's Heptathlon (60m, LJ, SP, HJ)

1:15pm Women's Pentathlon (60H, HJ, SP, LJ, 800m)

**Field Events**

**Time            Event**

4:00pm Women's Weight Throw	Final
Women's Long Jump	Final
Women's Pole Vault	Final
6:00pm Men's Long Jump	Final
Men's Weight Throw	Final
Men's Pole Vault	Final

**Track Events**

**Time            Event**

**3:55pm National Anthem**

4:00pm Women's DMR	Final
4:15pm Men's DMR	Final
4:30pm Women's 60m Hurdles	Prelims
4:45pm Men's 60m Hurdles	Prelims
5:00pm Women's 400m	Prelims
5:15pm Men's 400m	Prelims
5:30pm Women's 60m	Prelims
5:45pm Men's 60m	Prelims
6:00pm Women's 5,000m	Final
6:25pm Men's 5,000m "B"	Final
6:50pm Men's 5,000m	Final
7:20pm Women's 200m	Prelims
7:35pm Men's 200m	Prelims

**Monday, February 23**

**Multi Events**

<u>Time</u>	<u>Event</u>
10:00am	Men's Heptathlon (60H, PV, 1000m)

**Field Events**

<u>Time</u>	<u>Event</u>			
10:30am	Women's Shot Put	Final	Women's Triple Jump	Final
			Men's High Jump	Final
12:30pm	Men's Triple Jump	Final	Men's Shot Put	Final
			Women's High Jump	Final

**Track Events**

<u>Time</u>	<u>Event</u>	
<b>11:25am</b>	<b>National Anthem</b>	
11:30am	Women's Mile	Final
11:45am	Men's Mile	Final
12:00pm	Women's 60m Hurdles	Final
12:10pm	Men's 60m Hurdles	Final
12:20pm	Women's 400m	Final
12:30pm	Men's 400m	Final
12:40pm	Women's 60m	Final
12:50pm	Men's 60m	Final
1:00pm	Women's 800m	Final
1:15pm	Men's 800m	Final
1:30pm	Women's 200m	Final
1:40pm	Men's 200m	Final
1:50pm	Women's 3,000m "B"	Final
2:05pm	Women's 3,000m "A"	Final
2:20pm	Men's 3,000m "B"	Final
2:35pm	Men's 3,000m "A"	Final
2:50pm	Women's 4x400m Relay	Final
3:00pm	Men's 4x400m Relay	Final
<b>3:30pm</b>	<b>Awards Ceremony</b>	