



2026 Conference Carolinas Outdoor Track & Field Championships Schedule



Thursday, April 23

Multi Events

Time	Event
3:00pm	Women's Heptathlon (100H, HJ, SP, 200m)
3:15pm	Men's Decathlon (100m, LJ, SP, HJ, 400m)

Field Events

Time	Event	
3:00pm	Women's Hammer	Final
5:00pm	Men's Hammer	Final

Track Events

Time	Event	
5:55pm	National Anthem	
6:00pm	Men's 1,500m	Prelims
6:15pm	Women's 1,500m	Prelims
6:30pm	Men's 200m	Prelims
6:45pm	Women's 200m	Prelims
7:00pm	Men's 10,000m	Final
7:45pm	Women's 10,000m	Final

Friday, April 24

Multi Events

Time	Event
11:00am	Women's Heptathlon (LJ, JT, 800m)
11:15am	Men's Decathlon (110H, DT, PV, JT, 1500m)

Field Events

Time	Event	
1:00pm	Women's Long Jump	Final
1:00pm	Men's Long Jump	Final
1:00pm	Women's Discus	Final
3:30pm	Women's High Jump	Final
3:30pm	Men's High Jump	Final
3:00pm	Men's Discus	Final
5:00pm	Women's Pole Vault	Final

Track Events

Time	Event	
1:55 pm	National Anthem	
2:00pm	Men's 100m Hurdles	Prelims
2:15pm	Women's 110m Hurdles	Prelims
2:30pm	Women's 800m	Prelims
3:00pm	Women's 800m	Prelims
3:15pm	Men's 100m	Prelims
3:30pm	Women's 100m	Prelims
3:45pm	Men's 400m	Prelims
4:00pm	Women's 400m	Prelims
4:15pm	Men's 400m Hurdles	Prelims
4:30pm	Women's 400m Hurdles	Prelims
4:45pm	Men's 3k Steeple	Final
5:00pm	Women's 3k Steeple	Final

Saturday, April 25

Field Events

Time	Event	
10:00am	Men's Javelin	Final
10:00am	Women's Shot Put	Final
10:00am	Women's Triple Jump	Final
11:00am	Men's Pole Vault	Final
12:30pm	Women's Javelin	Final
12:30pm	Men's Triple Jump	Final
12:30pm	Men's Shot Put	Final

Track Events

Time	Event	
10:55am	National Anthem	
11:00am	Men's 4x100m Relay	Final
11:05am	Women's 4x100m Relay	Final
11:15am	Men's 1,500m	Final
11:25am	Women's 1,500m	Final
11:40am	Men's 100m Hurdles	Final
11:50am	Women's 110m Hurdles	Final
12:00pm	Men's 400m	Final
12:05pm	Women's 400m	Final
12:15pm	Men's 100m	Final
12:20pm	Women's 100m	Final
12:30pm	Men's 800m	Final
12:45pm	Women's 800m	Final
12:55pm	Men's 400m Hurdles	Final
1:00pm	Women's 400m Hurdles	Final
1:10pm	Men's 200m	Final
1:15pm	Women's 200m	Final
1:25pm	Men's 5,000m	Final
1:45pm	Women's 5,000m	Final
2:10pm	Men's 4x400m Relay	Final
2:20pm	Women's 4x400m Relay	Final
3:00pm	Awards Ceremony	