

2026 ACC OUTDOOR TRACK & FIELD CHAMPIONSHIPS COMPETITION SCHEDULE

Thursday, May 14th

Running Events		Field Events		Combined Events	
5:00 PM	Men's 400mH (Prelims)	12:00 PM	Women's Javelin	11:00 AM	Decathlon (100m, LJ, SP, HJ, 400m)
5:20 PM	Women's 400mH (Prelims)	1:00 PM	Women's Pole Vault	11:45 AM	Heptathlon (100mH, HJ, SP, 200m)
5:35 PM	Men's 200m (Prelims)	1:30 PM	Men's Javelin		
5:45 PM	Women's 200m (Prelims)	3:00 PM	Men's Hammer		
6:00 PM	Men's 1500m (Prelims)	5:00 PM	Men's Pole Vault		
6:20 PM	Women's 1500m (Prelims)	5:30 PM	Women's Hammer		
6:40 PM	Men's 10,000m (FINAL)				
7:20 PM	Women's 10,000m (FINAL)				

Friday, May 15th

Running Events		Field Events		Combined Events	
5:00 PM	Men's 110mH (Prelims)	3:30 PM	Men's Shot Put	11:00 AM	Decathlon (110mH, Discus, PV, Javelin, 1500m)
5:25 PM	Women's 100mH (Prelims)	4:00 PM	Men's Long Jump	11:30 AM	Heptathlon (LJ, Javelin, 800m)
5:40 PM	Men's 400m (Prelims)	5:30 PM	Women's Shot Put		
5:52 PM	Women's 400m (Prelims)	5:30 PM	Men's High Jump		
6:05 PM	Men's 100m (Prelims)	6:00 PM	Women's Long Jump		
6:15 PM	Women's 100m (Prelims)				
6:35 PM	Men's 800m (Prelims)				
6:48 PM	Women's 800m (Prelims)				
7:00 PM	Men's 3000m Steeplechase (FINAL)				
7:20 PM	Women's 3000m Steeplechase (FINAL)				

Saturday, May 16th

Running Events		Field Events	
4:00 PM	Men's 4x100m Relay (FINAL)	2:00 PM	Men's Discus
4:10 PM	Women's 4x100m Relay (FINAL)	2:00 PM	Men's Triple Jump
4:20 PM	Men's 1500m (FINAL)	4:00 PM	Women's High Jump
4:30 PM	Women's 1500m (FINAL)	4:45 PM	Women's Discus
4:40 PM	Men's 110mH (FINAL)	5:00 PM	Women's Triple Jump
4:50 PM	Women's 100mH (FINAL)		
5:00 PM	Men's 400m (FINAL)		
5:10 PM	Women's 400m (FINAL)		
5:20 PM	Men's 100m (FINAL)		
5:30 PM	Women's 100m (FINAL)		
5:40 PM	Men's 800m (FINAL)		
5:50 PM	Women's 800m (FINAL)		
6:00 PM	Men's 400mH (FINAL)		
6:10 PM	Women's 400mH (FINAL)		
6:20 PM	Men's 200m (FINAL)		
6:30 PM	Women's 200m (FINAL)		
6:40 PM	Men's 5000m (FINAL)		
7:05 PM	Women's 5000m (FINAL)		
7:30 PM	Men's 4x400m Relay (FINAL)		
7:40 PM	Women's 4x400m Relay (FINAL)		
TBD	Awards Ceremony		

