



2026 CONFERENCE USA OUTDOOR TRACK & FIELD CHAMPIONSHIPS

Hosted by: MTSU

May 14-16, 2026

(All times listed are Central Standard Time)

Thursday, May 14

Combined Events

9:30 AM 100 Meters
 10:00 AM 100 Hurdles
 10:15 AM Long Jump
 10:45 AM High Jump
 11:30 AM Shot Put
 12:45 PM High Jump
 12:45 PM Shot Put
 2:00 PM 200 Meters
 2:15 PM 400 Meters

Field Events

2:00 PM Long Jump (M)
 2:00 PM Hammer (M)
 4:00 PM Long Jump (W)
 4:00 PM Hammer (W)
 5:00 PM Pole Vault (M)

Track Events

6:00 PM 1,500 Meters (M)
 6:15 PM 1,500 Meters (W)
 6:30 PM 110 Hurdles (M)
 6:50 PM 100 Hurdles (W)
 7:10 PM 400 Meters (M)
 7:25 PM 400 Meters (W)
 7:45 PM 100 Meters (M)
 8:00 PM 100 Meters (W)
 8:20 PM 10,000 Meters (M)
 9:00 PM 10,000 Meters (W)

Decathlon
 Heptathlon
 Decathlon
 Heptathlon
 Decathlon
 Decathlon
 Heptathlon
 Heptathlon
 Decathlon

Final
 Final
 Final
 Final
 Final

Prelims
 Prelims
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 Final
 Final

Friday, May 15

Combined Events

9:00 AM 110 Hurdles
 9:45 AM Discus
 11:00 AM Long Jump
 11:00 AM Pole Vault
 12:15 PM Javelin
 1:15 PM Javelin
 1:30 PM 800 Meters
 2:15 PM 1,500 Meters

Field Events

3:00 PM Shot Put (M)
 5:00 PM Shot Put (W)
 5:00 PM Pole Vault (W)
 5:30 PM High Jump (M)
 7:30 PM High Jump (W)

Track Events

6:30 PM 800 Meters (M)
 6:45 PM 800 Meters (W)
 7:05 PM 400 Hurdles (M)
 7:20 PM 400 Hurdles (W)
 7:40 PM 200 Meters (M)
 8:00 PM 200 Meters (W)
 8:30 PM 3,000 Steeple (M)
 9:00 PM 3,000 Steeple (W)

Decathlon
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 Heptathlon
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 Decathlon

Final
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Prelims
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Saturday, May 16

Field Events

11:00 AM Javelin (M) Final
 1:00 PM Javelin (W) Final
 3:00 PM Discus (M) Final
 5:00 PM Discus (W) Final
 5:00 PM Triple Jump (M) Final
 7:00 PM Triple Jump (W) Final

Track Events

6:00 PM 4x100 Relay (M) Final
 6:05 PM 4x100 Relay (W) Final
 6:15 PM 1,500 Meters (M) Final
 6:25 PM 1,500 Meters (W) Final
 6:35 PM 110 Hurdles (M) Final
 6:40 PM 100 Hurdles (W) Final
 6:50 PM 400 Meters (M) Final
 6:55 PM 400 Meters (W) Final
 7:05 PM 100 Meters (M) Final
 7:10 PM 100 Meters (W) Final
 7:20 PM 800 Meters (M) Final
 7:25 PM 800 Meters (W) Final
 7:35 PM 400 Hurdles (M) Final
 7:40 PM 400 Hurdles (W) Final
 7:50 PM 200 Meters (M) Final
 7:55 PM 200 Meters (W) Final
 8:05 PM 5,000 Meters (M) Final
 8:25 PM 5,000 Meters (W) Final
 8:50 PM 4x400 Relay (M) Final
 9:00 PM 4x400 Relay (W) Final