

MAC OUTDOOR TRACK AND FIELD CHAMPIONSHIPS 2026 SCHEDULE OF EVENTS

TENTATIVE SCHEULE - THE FINAL SCHEDULE WILL BE RELEASED AFTER THE SPORT COMMITTEE MEETING

Thursday April 30			Saturday May 2		
11:30 AM	Implement Inspection (Closes 3:30pm)		9:00 AM	Implement Inspection (Closes 12:00 pm)	
12:00 PM	Sport Committee/Officials Meeting		9:30 AM	Sport Committee/Officials Meeting	
12:30 PM	Volunteer Meeting (Thursday Events)		9:45 AM	Coaches/Officials Meeting	
12:50 PM	National Anthem		10:00 AM	Volunteer Meeting (Saturday Events)	
4:30 PM	Coaches/Officials Meeting		10:50 AM	National Anthem	
			3:30 PM	Coaches Meeting	
			4:00 PM	Team Awards Presentation	
Field Events			Field Events		
1:00 PM	Women's Heptathlon (HH, HJ, S, 2)	Finals	11:00 AM	Men's Pole Vault	Finals
1:15 PM	Men's Decathlon (100, LJ, S, HJ, 4)	Finals	11:00 AM	Women's Shot Put	Trials / Finals
1:00 PM	Men's Hammer Throw	Trials / Finals	11:00 AM	Men's Javelin	Trials / Finals
3:00 PM	Women's Pole Vault	Trials / Finals	12:00 PM	Men's Triple Jump	Trials / Finals
3:30 PM	Women's Hammer Throw	Trials / Finals	1:30 PM	Women's Javelin	Trials / Finals
			2:00 PM	Men's Shot Put	Trials / Finals
			2:00 PM	Women's Triple Jump	Trials / Finals
Track Events			Track Events		
6:00 PM	Men's 4x800 Meter Relay	Finals	12:00 PM	Men's 4x100 Meter Relay	Finals
6:15 PM	Women's 4x800 Meter Relay	Finals	12:10 PM	Women's 4x100 Meter Relay	Finals
6:30 PM	Men's 10,000 Meter Run	Finals	12:20 PM	Men's 1500 Meter Run	Finals
7:10 PM	Women's 10,000 Meter Run	Finals	12:25 PM	Women's 1500 Meter Run	Finals
			12:40 PM	Men's 110 Meter Hurdles	Finals
Friday May 1			12:50 PM	Women's 100 Meter Hurdles	Finals
8:45 AM	Volunteer Meeting (Dec, Hept)		1:00 PM	Men's 400 Meter Dash	Finals
9:00 AM	Implement Inspection (Closes 1pm)		1:10 PM	Women's 400 Meter Dash	Finals
9:00 AM	Sport Committee/Officials Meeting		1:15 PM	Men's 100 Meter Dash	Finals
9:05 AM	National Anthem		1:20 PM	Women's 100 Meter Dash	Finals
9:30 AM	Coaches & Officials Meeting		1:30 PM	Men's 800 Meter Run	Finals
10:30 AM	Volunteer Meeting (Friday Events)		1:35 PM	Women's 800 Meter Run	Finals
			1:45 PM	Men's 400 Meter Hurdles	Finals
Field Events			1:55 PM	Women's 400 Meter Hurdles	Finals
9:15 AM	Men's Decathlon (HH, D, PV, Jav, 1500)	Finals	2:05 PM	Men's 200 Meter Dash	Finals
10:00 AM	Women's Heptathlon (LJ, Jav, 800)	Finals	2:10 PM	Women's 200 Meter Dash	Finals
11:00 AM	Women's High Jump	Finals	2:15 PM	Men's 5,000 Meter Run	Finals
11:30 AM	Men's Long Jump	Trials / Finals	2:40 PM	Women's 5,000 Meter Run	Finals
11:30 AM	Men's Discus Throw	Trials / Finals	3:05 PM	Men's 4x400 Meter Relay	Finals
2:00 PM	Men's High Jump	Finals	3:15 PM	Women's 4x400 Meter Relay	Finals
2:00 PM	Women's Long Jump	Trials / Finals			
2:45 PM	Women's Discus Throw	Trials / Finals			
Track Events			Men's Decathlon		
11:15 AM	Men's 3,000 Meter Steeplechase	Finals	Day 1: Thursday, April 30		
11:55 AM	Women's 3,000 Meter Steeplechase	Finals	100 Meter Dash / Long Jump / Shot Put / High Jump / 400 Meter Dash		
12:25 PM	Men's 4x100 Meter Relay	Prelims	Day 2: Friday, May 1		
12:40 PM	Women's 4x100 Meter Relay	Prelims	110 Meter Hurdles / Discus Throw / Pole Vault / Javelin / 1500 Meter Run		
12:55 PM	Men's 110 Meter Hurdles	Prelims			
1:15 PM	Women's 100 Meter Hurdles	Prelims	Women's Heptathlon		
1:35 PM	Men's 400 Meter Dash	Prelims	Day 1: Thursday, April 30		
1:50 PM	Women's 400 Meter Dash	Prelims	100 Meter Hurdles / High Jump / Shot Put / 200 Meter Dash		
2:20 PM	Men's 100 Meter Dash	Prelims	Day 2: Friday, May 1		
2:40 PM	Women's 100 Meter Dash	Prelims	Long Jump / Javelin / 800 Meter Run		
3:10 PM	Men's 800 Meter Run	Prelims			
3:30 PM	Women's 800 Meter Run	Prelims			
3:50 PM	Men's 400 Meter Hurdles	Prelims			
4:10 PM	Women's 400 Meter Hurdles	Prelims			
4:30 PM	Men's 200 Meter Dash	Prelims			
4:50 PM	Women's 200 Meter Dash	Prelims			