

2026 NSIC Indoor Track & Field Championships

Even Year Schedule of Events

Date: Final NCAA Qualifying Weekend

Friday

<u>Time</u>	<u>Field Events</u>	<u>Round</u>
9:20 am	National Anthem & NSIC Creed	
9:30 am	Heptathlon 60m	Final
*10:15am	Heptathlon Long Jump	
*11:30 am	Heptathlon Shot Put	
*12:45 pm	Heptathlon High Jump	
12:00 pm	Pole Vault (M)	Prelim/Final
12:00 pm	Long Jump (W)	Prelim/Final
1:00 pm	Weight Throw (W)	Prelim/Final
2:30 pm	Long Jump (M)	Prelim/Final
3:30 pm	Pole Vault (W)	Prelim/Final
3:30 pm	Weight Throw (M)	Prelim/Final
4:00 pm	High Jump (W)	Prelim/Final

<u>Time</u>	<u>Running Events</u>	<u>Round</u>
11:30 am	5000 Meters (W)	Final (2 Section) #
12:15 pm	5000 Meters (M)	Final (2 Section) #
1:45 pm	60 Meter Hurdles (W)	Prelim
2:00 pm	60 Meter Hurdles (M)	Prelim
2:15 pm	400 Meters (W)	Prelim
2:30 pm	400 Meters (M)	Prelim
2:45 pm	600 Meters (W)	Prelim
3:00 pm	600 Meters (M)	Prelim
3:15 pm	60 Meters (W)	Prelim
3:30 pm	60 Meters (M)	Prelim
3:45 pm	800 Meters (W)	Prelim
4:00 pm	800 Meters (M)	Prelim
4:15 pm	1000 Meters (W)	Prelim
4:30 pm	1000 Meters (M)	Prelim
4:45 pm	200 Meters (W)	Prelim
5:00 pm	200 Meters (M)	Prelim
5:15 pm	DMR (W)	Final
5:30 pm	DMR (M)	Final

*Heptathlon times are approximate after first event.

If combined event entries are over 12 then two flights will be used for LJ, SP, HJ. Flights will be based off of HJ pits.

No declaration period is required for the 5k. However, coaches must make any final scratches in the event at least 90 minutes before the start of each gender's first section of the event so that reseeding or an elimination of a section may be done if necessary.

Saturday

<u>Time</u>	<u>Field Events</u>	<u>Round</u>
8:50 am	National Anthem & NSIC Creed	
9:00 am	Pentathlon 60mH	Final
*9:45 pm	Pentathlon High Jump	
*11:30 am	Pentathlon Shot Put	
*12:15 pm	Pentathlon Long Jump	
9:45 am	Heptathlon 60mH	Final
*11:00 am	Heptathlon Vault	
1:00 pm	Shot Put (W)	Prelim/Final
1:00 pm	High Jump (M)	Final
1:30 pm#	Triple Jump (W)	Prelim/Final
3:30 pm	Shot Put (M)	Prelim/Final
3:45 pm#	Triple Jump (M)	Prelim/Final

<u>Time</u>	<u>Running Events</u>	<u>Round</u>
TBD	Heptathlon 1000m	
TBD	Pentathlon 800m	
1:30 pm	Mile (W)	Final
1:50 pm	Mile (M)	Final
2:10 pm	60 Meter Hurdles (W)	Final
2:25 pm	60 Meter Hurdles (M)	Final
2:40 pm	400 Meters (W)	Final
2:50 pm	400 Meters (M)	Final
3:00 pm	600 Meters (W)	Final
3:10 pm	600 Meters (M)	Final
3:20 pm	60 Meters (W)	Final
3:30 pm	60 Meters (M)	Final
3:40 pm	800 Meters (W)	Final
3:50 pm	800 Meters (M)	Final
4:00 pm	1000 Meters (W)	Final
4:10 pm	1000 Meters (M)	Final
4:20 pm	200 Meters (W)	Final
4:30 pm	200 Meters (M)	Final
4:40 pm	3000 Meters (W)	Final (2 Sections) #
5:05 pm	3000 Meters (M)	Final (2 Sections) #
5:30 pm	4x400 Meter Relay (W)	Final (2 Sections)**
5:50 pm	4x400 Meter Relay (M)	Final (2 Sections)
6:25 pm	Awards Ceremony	

*Heptathlon & Pentathlon times are approximate after first event.

If combined entries are over 12 then two flights will be used for HJ, SP, LJ. Flights will be based off of HJ Pits.

**4x400 should be moved earlier by 10 minutes per section of 3000 Meters that would be removed due to field size.

#Triple Jump starts 20 minutes after the boards are set following the Pentathlon Long Jump or start time whichever is later. The next gender Triple Jumps starts 20 minutes after the boards are set.

Must declare for Women's 3k by 3:10p and Men's 3k by 3:35pm. If 24 or fewer athletes declare will be combined to 1 heat.