

2026 NSIC Outdoor Track & Field Championships

Even Number Year Schedule of Events - Date: Final NCAA Qualifying Weekend

Thursday

Combined Events

12:55 pm	National Anthem/Pledge
1:00 pm	Decathlon 100 Meters
1:30 pm	Heptathlon 100 Meter Hurdles
~1:45 pm	Decathlon Long Jump
~2:15 pm	Heptathlon High Jump
~3:00 pm	Decathlon Shot Put
~4:00 pm	Heptathlon Shot Put
~4:15 pm	Decathlon High Jump
~5:15 pm	Heptathlon 200 Meters
~6:00 pm	Decathlon 400 Meters

FRIDAY

Combined Events

8:55 am	National Anthem/Pledge
9:00 am	Decathlon 110 Meter Hurdles
9:30 am	Heptathlon Long Jump
~9:45 am	Decathlon Discus
~10:45 am	Heptathlon Javelin
~11:15 am	Decathlon Pole Vault
~12:00 pm	Heptathlon 800 Meters
~2:45 pm	Decathlon Javelin
~4:10 pm	Decathlon 1500 Meters

Friday

All running events are preliminaries except 10K & 3000m Steeplechase

Time Field Event

11:00 am	Hammer (W)
12:30 pm	High Jump (M)
12:30 pm	Long Jump (W)
1:15 pm	Hammer (M)
2:45 pm	Shot Put (W)
3:00 pm	Pole Vault (M)
3:30 pm	High Jump (W)
3:30 pm	Long Jump (M)
*	Shot Put (M)

*Men's SP will be a rolling start after completion of women's SP.

Time Running Event

10:00 am	10,000 Meters (W) - Final
11:00 am	10,000 Meters (M) - Final
12:00 pm	Heptathlon 800 Meters (W)
12:50 pm	3000 Meter Steeple (W) - Final
1:10 pm	3000 Meter Steeple (M) - Final
1:30 pm	1500 Meter (W)
1:45 pm	1500 Meter (M)
2:00 pm	100 Meter Hurdles (W)
2:15 pm	110 Meter Hurdles (M)
2:30 pm	400 Meters (W)
2:45 pm	400 Meters (M)
3:00 pm	100 Meters (W)
3:15 pm	100 Meters (M)
3:30 pm	800 Meters (W)
3:50 pm	800 Meters (M)
4:10 pm	Decathlon 1500 Meters (M)
4:20 pm	400 Meter Hurdles (W)
4:40 pm	400 Meter Hurdles (M)
5:00 pm	200 Meters (W)
5:15 pm	200 Meters (M)

Saturday

Relays will be run as 2-section final with the fast section running last

Time Field Events

9:55 am	National Anthem/Pledge
10:00 am	Javelin (W)
11:00 am	Triple Jump (M)
11:00 am	Pole Vault (W)
11:30 am	Discus (M)
1:15 pm	Javelin (M)
2:00 pm	Triple Jump (W)
2:30 pm	Discus (W)

Time Running Events

1:05 pm	4x100 Meter Relay (W)
1:15 pm	4x100 Meter Relay (M)
1:25 pm	1500 Meter Run (W)
1:40 pm	1500 Meter Run (M)
1:55 pm	100 Meter Hurdles (W)
2:10 pm	110 Meter Hurdles (M)
2:20 pm	400 Meters (W)
2:25 pm	400 Meters (M)
2:35 pm	100 Meters (W)
2:40 pm	100 Meters (M)
2:45 pm	800 Meters (W)
2:50 pm	800 Meters (M)
3:00 pm	400 Meter Hurdles (W)
3:10 pm	400 Meter Hurdles (M)
3:20 pm	200 Meters (W)
3:25 pm	200 Meters (M)
3:35 pm	5000 Meters (W)
4:00 pm	5000 Meters (M)
4:25 pm	4x400 Meter Relay (W)
4:40 pm	4x400 Meter Relay (M)
5:00 pm	Awards Ceremony