

Schedule of Events

Thursday, April 30 through Saturday, May 2, 2026

Thursday

| | | |
|----------|---|----------------------------------|
| 10:30 AM | M | Decathlon (100, LJ, SP, HJ, 400) |
| 11:00 AM | W | Heptathlon (100H, HJ, SP, 200) |
| 8:10 PM | W | 10,000m FINAL |
| 9:10 PM | M | 10,000m FINAL |
| 2:30 PM | W | Hammer |
| 4:00 PM | M | Hammer |

Friday

| | | |
|----------|---|------------------------------------|
| 10:00 AM | M | Decathlon (110H, DT, PV, JT, 1500) |
| 10:30 AM | W | Heptathlon (LJ, JT, 800) |

Field Events

| | | |
|----------|---|------------|
| 12:00 PM | W | Long Jump |
| 12:00 PM | W | Discus |
| 12:00 PM | M | High Jump |
| 3:00 PM | W | Pole Vault |
| 3:00 PM | M | Discus |
| 3:00 PM | M | Long Jump |

Track Events

| | | |
|---------|---|---------------------------|
| 1:05 PM | W | 4x100 RELAY PRELIMS |
| 1:15 PM | M | 4x100 RELAY PRELIMS |
| 1:35 PM | W | 110m Hurdles PRELIMS |
| 1:45 PM | M | 100m Hurdles PRELIMS |
| 2:05 PM | W | 400m PRELIMS |
| 2:20 PM | M | 400m PRELIMS |
| 2:35 PM | W | 100m PRELIMS |
| 2:50 PM | M | 100m PRELIMS |
| 3:05 PM | W | 800m PRELIMS |
| 3:20 PM | M | 800m PRELIMS |
| 3:40 PM | W | 400m Hurdles PRELIMS |
| 4:00 PM | M | 400m Hurdles PRELIMS |
| 4:20 PM | W | 200m PRELIMS |
| 4:40 PM | M | 200m PRELIMS |
| 5:20 PM | W | 3,000m Steeplechase FINAL |
| 5:45 PM | M | 3,000m Steeplechase FINAL |

Saturday

Field Events

| | | |
|----------|---|-------------|
| 11:00 AM | M | Pole Vault |
| 11:00 AM | M | Shot Put |
| 11:00 AM | W | Triple Jump |
| 11:00 AM | M | Javelin |
| 1:00 PM | W | High Jump |
| 1:00 PM | M | Triple Jump |
| 1:00 PM | W | Shot Put |
| 1:00 PM | M | Javelin |

Track Events

| | | |
|----------------|---|------------------------|
| 12:30 PM | W | 4X100m Relay FINAL |
| 12:35 PM | M | 4X100m Relay FINAL |
| 12:45 PM | W | 1,500m FINAL |
| 1:00 PM | M | 1,500m FINAL |
| 1:15 PM | W | 110m Hurdles FINAL |
| 1:25 PM | M | 100m Hurdles FINAL |
| 1:35 PM | W | 400m FINAL |
| 1:40 PM | M | 400m FINAL |
| 1:50 PM | W | 100m FINAL |
| 1:55 PM | M | 100m FINAL |
| 2:05 PM | W | 800m FINAL |
| 2:20 PM | M | 800m FINAL |
| 2:35 PM | W | 400m Hurdles FINAL |
| 2:40 PM | M | 400m Hurdles FINAL |
| 2:55 PM | W | 200m FINAL |
| 3:00 PM | M | 200m FINAL |
| 3:05 PM | W | 5,000m Final |
| 3:30 PM | M | 5,000m Final |
| 4:00 PM | W | 4 x 400m Relay FINAL |
| 4:10 PM | M | 4 X 400m Relay FINAL |
| 4:30 PM | | Awards Ceremony |

****NOTE: 4 X 400 RELAYS WILL NOT BE CONDUCTED UNTIL ALL OTHER EVENTS IN THAT GENDER HAVE BEEN COMPLETED****