



2026 Outdoor Track and Field Championship Schedule of Events

Fletcher Garner Track – Stephen F. Austin State University – Nacogdoches, Texas

Thursday, May 14

COMBINED EVENTS

9:30 a.m.	100m	Men	
10:15 a.m.	100M Hurdles	Women	
10:15 a.m.	Long Jump	Men	
11:30 a.m.	High Jump	Women	
12:00 p.m.	Shot Put	Men	
1:30 p.m.	High Jump	Men	
1:45 p.m.	Shot Put	Women	
3:00 p.m.	200m	Women	
3:45 p.m.	400m	Men	

FIELD EVENTS

10:00 a.m.	Hammer	Women	Finals
1:00 p.m.	Pole Vault	Women	Finals
1:30 p.m.	Hammer	Men	Finals
5:00 p.m.	Long Jump	Women	Finals
5:00 p.m.	Javelin	Men	Finals

RUNNING EVENTS

5:00 p.m.	1500m	Women	Trials
5:20 p.m.	1500m	Men	Trials
5:40 p.m.	400m Hurdles	Women	Trials
6:00 p.m.	400m Hurdles	Men	Trials
6:20 p.m.	200m	Women	Trials
6:45 p.m.	200m	Men	Trials
7:45 p.m.	10,000m	Women	Final
8:20 p.m.	10,000m	Men	Finals

Friday, May 15

COMBINED EVENTS

9:30 a.m.	110m Hurdles	Men	
10:00 a.m.	Long Jump	Women	
10:15 a.m.	Discus	Men	
11:45 a.m.	Pole Vault	Men	
12:00 p.m.	Javelin	Women	
1:30 p.m.	800m	Women	
2:30 p.m.	Javelin	Men	
4:00 p.m.	1500m	Men	

FIELD EVENTS

12:30 p.m.	Long Jump	Men	Finals
2:30 p.m.	Shot Put	Women	Finals
3:30 p.m.	Triple Jump	Women	Finals
5:00 p.m.	Javelin	Women	Finals
5:00 p.m.	Shot Put	Men	Finals

Friday, May 15 continued ...

RUNNING EVENTS

5:00 p.m.	100m Hurdles	Women	Trials
5:20 p.m.	110m Hurdles	Men	Trials
5:40 p.m.	400m	Women	Trials
6:00 p.m.	400m	Men	Trials
6:15 p.m.	100m	Women	Trials
6:30 p.m.	100m	Men	Trials
6:45 p.m.	800m	Women	Trials
7:05 p.m.	800m	Men	Trials
8:00 p.m.	3000m SC	Women	Finals
8:20 p.m.	3000m SC	Men	Finals

Saturday, May 16

FIELD EVENTS

11:00 a.m.	Discus	Women	Finals
11:00 a.m.	Pole Vault	Men	Finals
1:00 p.m.	High Jump	Men	Finals
1:00 p.m.	Triple Jump	Men	Finals
2:00 p.m.	Discus	Men	Finals
4:00 p.m.	High Jump	Women	Finals

RUNNING EVENTS

4:55 p.m.	National Anthem		
5:00 p.m.	4x100m Relay	Women	Finals
5:10 p.m.	4x100m Relay	Men	Finals
5:20 p.m.	1500m	Women	Finals
5:30 p.m.	1500m	Men	Finals
5:40 p.m.	100m Hurdles	Women	Finals
5:50 p.m.	110m Hurdles	Men	Finals
6:00 p.m.	400m	Women	Finals
6:10 p.m.	400m	Men	Finals
6:20 p.m.	100m	Women	Finals
6:30 p.m.	100m	Men	Finals
6:40 p.m.	800m	Women	Finals
6:50 p.m.	800m	Men	Finals
7:00 p.m.	400m Hurdles	Women	Finals
7:10 p.m.	400m Hurdles	Men	Finals
7:20 p.m.	200m	Women	Finals
7:30 p.m.	200m	Men	Finals
7:40 p.m.	5000m	Women	Finals
8:00 p.m.	5000m	Men	Finals
8:25 p.m.	4x400m Relay	Women	Finals
8:40 p.m.	4x400m Relay	Men	Finals