

# 2026 SOUTHWESTERN ATHLETIC CONFERENCE

## OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

### SCHEDULE OF EVENTS

#### Sunday, May 10<sup>th</sup>

|  |   |  |
|--|---|--|
| <b>Start</b><br>9:30 AM  | <b>Multi-Events</b><br><b>Decathlon Day 1</b><br>100 Meters, Long Jump, Shot Put, High Jump, 400 Meters   |  |
| <b>Start</b><br>10:00 AM   | <b>Heptathlon Day 1</b><br>100 Meter Hurdles, High Jump, Shot Put, 200 Meters   |  |
| <b>Start</b><br>12:00 PM<br>2:00 PM<br>4:30 PM<br>3:00 PM<br>3:00 PM<br>6:30 PM                      | <b>Field Events</b><br>Hammer Throw<br>Hammer Throw<br>Javelin<br>Long Jump<br>Long Jump<br>Javelin   | Women's <b>Final</b><br>Men's <b>Final</b><br>Women's <b>Final</b><br>Women's <b>Final</b><br>Men's <b>Final</b><br>Men's <b>Final</b>                 |
| <b>Start</b><br>6:00 PM<br>6:10 PM<br>6:20 PM<br>6:35 PM<br>6:50 PM<br>7:00 PM<br>8:20 PM<br>9:05 PM | <b>Running Events</b><br>200 Meter Dash<br>200 Meter Dash<br>400 Meter Hurdles<br>400 Meter Hurdles<br>1500 Meter<br>1500 Meter<br>10,000 Meters<br>10,000 Meters | Women's Prelims<br>Men's Prelims<br>Women's Prelims<br>Men's Prelims<br>Women's Prelims<br>Men's Prelims<br>Women's <b>Final</b><br>Men's <b>Final</b> |

#### Monday, May 11<sup>th</sup>

|  |   |  |
|--|---|--|
| <b>Start</b><br>9:30 AM  | <b>Multi-Events</b><br><b>Decathlon Day 2</b><br>110 Meter Hurdles, Discus Throw, Pole Vault, Javelin, 1500 Meters  |  |
| <b>Start</b><br>9:30 AM  | <b>Heptathlon Day 2</b><br>Long Jump, Javelin, 800 Meter Run  |  |
| <b>Start</b><br>11:00 AM<br>4:30 PM<br>5:30 PM<br>7:30 PM  | <b>Field Events</b><br>Shot Put<br>Shot Put<br>Pole Vault<br>High Jump  | Women's <b>Final</b><br>Men's <b>Finals</b><br>Women's <b>Final</b><br>Women's <b>Final</b>  |
| <b>Start</b><br>6:00 PM<br>6:15 PM<br>6:30 PM<br>6:45 PM<br>7:00 PM<br>7:15 PM<br>7:30 PM<br>7:45 PM<br>8:00 PM<br>8:25 PM | <b>Running Events</b><br>100 Meter Hurdles<br>110 Meter Hurdles<br>400 Meter Dash<br>400 Meter Dash<br>100 Meter Dash<br>100 Meter Dash<br>800 Meter Dash<br>800 Meter Dash<br>3K Steeplechase<br>3K Steeplechase | Women's Prelims<br>Men's Prelims<br>Women's Prelims<br>Men's Prelims<br>Women's Prelims<br>Men's Prelims<br>Women's Prelims<br>Men's Prelims<br>Women's <b>Final</b><br>Men's <b>Final</b> |



# 2026 SOUTHWESTERN ATHLETIC CONFERENCE

## OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

### SCHEDULE OF EVENTS

**Tuesday, May 12<sup>th</sup>**

**Start**

10:00 AM  
10:00 AM  
2:00 PM  
2:00 PM  
2:00 PM  
5:00 PM

**Field Events**

Discus  
Pole Vault  
Discus  
Triple Jump  
Triple Jump  
High Jump

Men's **Final**  
Men's **Final**  
Women's **Final**  
Men's **Final**  
Women's **Final**  
Men's **Final**

**Start**

5:00 PM  
5:05 PM  
5:15 PM  
5:25 PM  
5:40 PM  
5:45 PM  
5:55 PM  
6:00 PM  
6:10 PM  
6:15 PM  
6:25 PM  
6:30 PM  
6:40 PM  
6:45 PM  
6:55 PM  
7:00 PM  
7:10 PM  
7:30 PM  
7:55 PM  
8:00 PM

**Running Events**

4x100 Meter Relay  
4x100 Meter Relay  
1500 Meter Run  
1500 Meter Run  
100 Meter Hurdles  
110 Meter Hurdles  
400 Meter Dash  
400 Meter Dash  
100 Meter Dash  
100 Meter Dash  
800 Meter Run  
800 Meter Run  
400 Meter Hurdles  
400 Meter Hurdles  
200 Meter Dash  
200 Meter Dash  
5000 Meter Run  
5000 Meter Run  
4x400 Meter Relay  
4x400 Meter Relay

Women's **Final**  
Men's **Final**  
Women's **Final**  
Men's **Final**  
Women's **Final**  
Men's **Final**  
Women's **Final**  
Men's **Final**  
Women's **Final**  
Men's **Final**  
Women's **Final**  
Men's **Final**  
Women's **Final**  
Men's **Final**  
Women's **Final**  
Men's **Final**  
Women's **Final**  
Men's **Final**  
Women's **Final**  
Men's **Final**

\*Hammer and discus for both men and women will be conducted outside the main competition oval.

**\*Men's and Women's Final Awards presentation will take place immediately following the event final**

