



# 2026 INDOOR TRACK & FIELD CHAMPIONSHIPS

February 27-28

Grand Forks, ND | Frederick "Fritz" D. Pollard Jr. Athletic Center  
Hosted by the University of North Dakota

## FRIDAY, FEB. 27

### Pentathlon/Heptathlon

9:30 a.m.	60-Meter Hurdles	Women's Pentathlon
10:30 a.m.	High Jump	
TBA	Shot Put	
TBA	Long Jump	
TBA	800 Meter Run	

10 a.m.	60-Meter Dash	Men's Heptathlon
10:40 a.m.	Long Jump	
TBA	Shot Put	
TBA	High Jump	

### Field Events

3 p.m.	Weight Throw	Women's Trials & Finals
	Pole Vault	Men's Trials & Finals
	Long Jump	Women's Trials & Finals
5 p.m.	Weight Throw	Men's Trials & Finals
	Long Jump	Men's Trials & Finals

*\*National Anthem to be played prior to 3,000 Meter Run*

### Track Events

3:30 p.m.	3,000-Meter Run	Women's Section 1
3:45 p.m.	3,000-Meter Run	Men's Section 1
4 p.m.	800-Meter Run	Women's Trials
4:15 p.m.	800-Meter Run	Men's Trials
4:35 p.m.	400-Meter Dash	Women's Trials
4:50 p.m.	400-Meter Dash	Men's Trials
5:05 p.m.	60-Meter Dash	Women's Trials
5:20 p.m.	60-Meter Dash	Men's Trials
5:35 p.m.	60-Meter Hurdles	Women's Trials
5:50 p.m.	60-Meter Hurdles	Men's Trials
6:05 p.m.	3,000-Meter Run	Women's Section 2
6:20 p.m.	3,000-Meter Run	Men's Section 2
6:35 p.m.	200-Meter Dash	Women's Trials
6:50 p.m.	200-Meter Dash	Men's Trials
7:05 p.m.	Distance Medley Relay	Women's Finals
7:20 p.m.	Distance Medley Relay	Men's Finals

## SATURDAY, FEB. 28

### Heptathlon

9:30 a.m.	60-Meter Hurdles	Men's Heptathlon
10:15 a.m.	Pole Vault	
TBA	1,000-Meter Run	

### Field Events

11:30 a.m.	Triple Jump	Women's Trials & Finals
12 p.m.	Shot Put	Women's Trials & Finals
	High Jump	Men's Trials & Finals
12:30 p.m.	Pole Vault	Women's Trials & Finals
1:30 p.m.	Triple Jump	Men's Trials & Finals
2 p.m.	Shot Put	Men's Trials & Finals
	High Jump	Women's Trials & Finals

*\*National Anthem to be played prior to Mile Run*

### Track Events

1 p.m.	Mile Run	Women's Section 1
1:10 p.m.	Mile Run	Women's Section 2
1:20 p.m.	Mile Run	Men's Section 1
1:30 p.m.	Mile Run	Men's Section 2
1:40 p.m.	400-Meter Dash	Women's Finals
1:50 p.m.	400-Meter Dash	Men's Finals
2 p.m.	60-Meter Dash	Women's Finals
2:10 p.m.	60-Meter Dash	Men's Finals
2:20 p.m.	60-Meter Hurdles	Women's Finals
2:30 p.m.	60-Meter Hurdles	Men's Finals
2:40 p.m.	800-Meter Run	Women's Finals
2:45 p.m.	800-Meter Run	Men's Finals
2:50 p.m.	200-Meter Dash	Women's Finals
2:55 p.m.	200-Meter Dash	Men's Finals
3 p.m.	5,000-Meter Run	Women's Finals
3:25 p.m.	5,000-Meter Run	Men's Finals
3:45 p.m.	4x400 Relay	Women's Finals
3:55 p.m.	4x400 Relay	Men's Finals
4:15 p.m.	Team Award Ceremony	

*\*Individual awards will be given out at the conclusion of each event when possible.*