



**Fred Foot Memorial
Track and Field Meet January 16th-17th, 2026**

Track Events	Athletics Center Friday January 16th, 2026	
3:00 PM	Pentathlon 60m Hurdles	Women
3:10 PM	Heptathlon 60m	Men
6:15 PM	Pentathlon 800m	Women

Field Events	Athletics Center Friday January 16th, 2026	
3:30 PM	Pentathlon High Jump	Women
4:00 PM	Heptathlon Long Jump	Men
4:30 PM	Pentathlon Shot Put	Women
5:30 PM	Heptathlon Shot Put	Men
5:15 PM	Pentathlon Long Jump	Women
6:30 PM	Heptathlon High Jump	Men
6:30 PM	Pole Vault	Men



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Track Events	Athletics Center Saturday January 17th, 2026	
11:00 AM	Heptathlon 60m Hurdles	Men
11:05 AM	60m Hurdle Heats (U18, U20, Open)	Men
11:15 AM	60m Hurdle Heats (U18, U20, Open)	Women
11:20 AM	60m Heats (U18, U20, Open)	Men
11:45 AM	60m Heats (U18, U20, Open)	Women
12:05 PM	600m Timed Sections	Men
12:20 PM	600m Timed Sections	Women
12:35 PM	4x200m Relay	Men
12:40 PM	4x200m Relay	Women
12:45 PM	Heptathlon 1000m	Men
12:55 PM	1000m Timed Sections	Men
1:10 PM	1000m Timed Sections	Women
1:25 PM	60m Hurdle Final	Women
1:30 PM	60m Hurdle Final	Men
1:40 PM	60m Final (A+B Final)	Women
1:45 PM	60m Final (A+B Final)	Men
1:50 PM	Mile Timed Sections	Men
2:00 PM	Mile Timed Sections	Women
2:15 PM	300m Timed Sections	Men
2:40 PM	300m Timed Sections	Women
2:55 PM	3000m Timed Sections	Men
3:20 PM	3000m Timed Sections	Women
3:40 PM	4x400m Timed Sections	Men
3:50 PM	4x400m Timed Sections	Women



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Field Events	Athletics Center Saturday January 17th, 2026	
8:00 AM	Weight Throw	Men + Women
8:45 AM	Shot Put	Men + Women
10:30 AM	Long Jump	Men
10:30 AM	High Jump	Men
11:35 AM	Heptathlon Pole Vault	Men
12:30 PM	High Jump	Women
1:00 PM	Long Jump	Women
2:15 PM	Pole Vault	Women
2:30 PM	Triple Jump	Men + Women