

Friday February 20th, 2026 - Track

Time	Gender	Event	Event Type
1:50pm	Men	Hept - 60m	Timed Finals
2:05pm	Women	60m Hurdles	Heats
2:15pm	Men	60m Hurdles	Heats
2:30pm	Women	Pent - 60m Hurdles	Timed Finals
3:15pm	Women	60m Hurdles	Final
3:25pm	Men	60m Hurdles	Final
3:45pm	Women	1000m	Timed Finals
3:50pm	Men	1000m	Timed Finals
4:15pm	Women	300m	Heats
4:30pm	Men	300m	Heats
6:30pm	Women	3000m	Timed Finals
6:55pm	Men	3000m	Timed Finals
7:20pm	Women	300m	Final (2)
7:30pm	Men	300m	Final (2)
7:50pm	Women	4x800m	Final
8:05pm	Men	4x800m	Final
8:20pm	Women	Pent - 800m	Final

Saturday February 21st, 2026 - Track

Time	Gender	Event	Event Type
11:00am	Women	60m - Prelim (more than 24 = 17+ on wards for 8 spots (slow to fast)	Prelim
11:10am	Men	60m - Prelim (more than 24 = 17+ on wards for 8 spots (slow to fast)	Prelim
11:15am	Men	Hept - 60m Hurdles	Timed Final
12:20pm	Women	60m	Semi Final
12:32pm	Men	60m	Semi Final
12:45pm	Women	600m	Timed Final
1:00pm	Men	600m	Timed Final
1:25pm	Women	60m	Final
1:30pm	Men	60m	Final
2:25pm	Women	4x200m	Timed Final
2:35pm	Men	4x200m	Timed Final
2:50pm	Women	1500m	Timed Final
3:05pm	Men	1500m	Timed Final
3:20pm	Men	Hept - 1000m	Timed Final
3:30pm	Women	4x400m	Timed Final
3:45pm	Men	4x400m	Timed Final

Friday February 20th, 2026 - Field

Time	Gender	Event	Event Type
11:00am	Women	Long Jump* If necessary	Flight 1 (25+)
11:45am	Women	Long Jump	Flight 2 (13-24)
12:55pm	Women	Long Jump	Flight 3 (1-12)
1:35pm	Women	Long Jump	Final
2:30pm	Men	Hept - Long Jump	Final
4:15pm	Men	Long Jump	Flight 1 (13-24)
5:25pm	Men	Long Jump	Flight 2 (1-12))
6:05pm	Men	Long Jump	Final
7:00pm	Women	Pent - Long Jump	Final
12:30pm	Men	Weight Throw	Final
3:45pm	Men	Hept - Shot Put	Final
5:30pm	Women	Pent - Shot Put	Final
6:45pm	Women	Shot Put	Final
2:30pm	Women	Pole Vault	Final
5:30pm	Men	Pole Vault	Final
3:00pm	Women	Pent - High Jump	Final
5:30pm	Men	Hept - High Jump	Final

Saturday February 21st, 2026 - Field

Time	Gender	Event	Event Type
9:00am	Women > Men	Seated Shot Put	Exhibition Final
11:30am	Women	Weight Throw	Final
1:30pm	Men	Shot Put	Final
11:30am	Women	High Jump	Final
2:00pm	Men	High Jump	Final
12:00pm	Men	Triple Jump	Final
2:30pm	Women	Triple Jump	Final
12:20pm	Men	Hept - Pole Vault	Final

Medals for all events D1 and D2 will occur at the end of D2 @ 4:00pm. Followed by Major Awards then Team Awards. Finishing by 5:15pm ~ in busses by 5:30pm (goal time).