



2026 Schedule of Events

**Schedule of events is subject to change as deemed necessary after flights/heats are set.*

***All events semi-final unless otherwise noted. Athletes must check in at least 30 minutes prior to the start of the event.*

THURSDAY, MARCH 5TH

IMPLEMENT CHECK-IN: 9:00 am – 1:00 pm

WOMEN'S PENTATHLON

10:30 am 60m Hurdles
High Jump
Shot Put
Long Jump
800m Run

MEN'S HEPTATHLON

10:00 am 60m Dash
Long Jump
Shot Put
High Jump

TRACK EVENTS

~~10:45 am – Women's 3,000m Walk~~
12:00 pm – Men's 3,000m Walk
~~1:15 pm – Women's 5,000m~~
~~2:00 pm – Men's 5,000m~~
2:45 pm – Women's 3,200m Relay
3:15 pm – Men's 3,200m Relay
3:45 pm – Women's 1,600m Relay
4:15 pm – Men's 1,600m Relay
4:45 pm – Women's DMR
5:45 pm – Men's DMR

Multi-Events will begin 30 min after the conclusion of the previous event.

FIELD EVENTS

12:00 pm – Women's Pole Vault – Prelim & **FINAL**
4:30 pm – Women's Triple Jump – Prelim & **FINAL**

5:00 pm – Men's High Jump – Prelim & **FINAL**

FRIDAY, MARCH 6TH

IMPLEMENT CHECK-IN: 9:00 am – 1:00 pm

MEN'S HEPTATHLON

10:00 am 60m Hurdles
Pole Vault
1,000m Run

TRACK EVENTS

10:45 am – Women's 3,000m Walk **FINAL**
11:15 am – Men's 3,000m Walk **FINAL**
11:45 am – Women's Mile
12:05 pm – Men's Mile
12:30 pm – Women's 60m Hurdles
12:50 pm – Men's 60m Hurdles
1:05 pm – Women's 400m
1:25 pm – Men's 400m
1:45 pm – Women's 600m
2:15 pm – Men's 600m
2:45 pm – Women's 60m

3:00 pm – Men's 60m
3:15 pm – Women's 800m
3:30 pm – Men's 800m
3:45 pm – Women's 1,000m
4:00 pm – Men's 1,000m
~~4:15 pm – Women's 3,000m~~
~~4:40 pm – Men's 3,000m~~
5:20 pm – Women's 200m
5:45 pm – Men's 200m
6:10 pm – Women's 3,200m Relay **FINAL**
6:25 pm – Men's 3,200m Relay **FINAL**

Multi-Events will begin 30 min after the conclusion of the previous event.

FIELD EVENTS

12:00 pm – Women's Weight Throw – Prelim & **FINAL**
12:00 pm – Women's Long Jump – Prelim & **FINAL**

3:00 pm – Men's Weight Throw – Prelim & **FINAL**
3:00 pm – Men's Long Jump – Prelim & **FINAL**

SATURDAY, MARCH 7TH

IMPLEMENT CHECK-IN: 9:00 am – 1:00 pm

TRACK EVENTS

12:25 pm – Women's Mile FINAL	2:00 pm – Women's 60m FINAL	3:30 pm – Women's 200m FINAL
12:35 pm – Men's Mile FINAL	2:10 pm – Men's 60m FINAL	3:40 pm – Men's 200m FINAL
12:45 pm – Women's 60m Hurdle FINAL	2:20 pm – Women's 800m FINAL	3:55 pm – Women's 5,000m FINAL
12:55 pm – Men's 60m Hurdle FINAL	2:25 pm – Men's 800m FINAL	4:20 pm – Men's 5,000m FINAL
1:05 pm – Women's 400m FINAL	2:35 pm – Women's 1,000m FINAL	4:40 pm – Women's DMR FINAL
1:15 pm – Men's 400m FINAL	2:45 pm – Men's 1,000m FINAL	5:00 pm – Men's DMR FINAL
1:25 pm – Women's 600m FINAL	3:00 pm – Women's 3,000m FINAL	5:20 pm – Women's 1,600m Relay FINAL
1:35 pm – Men's 600m FINAL	3:15 pm – Men's 3,000m FINAL	5:40 pm – Men's 1,600m Relay FINAL
		6:15 pm – Awards Ceremony

FIELD EVENTS

11:30 am – Men's Triple Jump – Prelim & **FINAL**
11:30 am – Women's Shot Put – Prelim & **FINAL**
11:30 am – Women's High Jump – Prelim & **FINAL**

1:15 pm – Men's Pole Vault – Prelim & **FINAL**
2:30 pm – Men's Shot Put – Prelim & **FINAL**