



2026 Delaware Invitational

DATE: Thursday-Friday, April 9th-10th, 2026

LOCATION: Stuart & Suzanne Grant Stadium, Newark, DE 19713

ENTRY INFORMATION: \$350 per gender, or \$35 per athlete up to the 10th athlete. Individuals: \$35

All entries and payments will be made through Direct Athletics

Entries are open NOW, and will close **Monday, April 6th, 2026 at 11:00pm ET**



TENTATIVE EVENT SCHEDULE

Thursday April 9th

Throwing Events

3:00 PM Women's Hammer followed by Men

6:00 PM Women's Javelin followed Men

Friday April 10th

Track Events

9:30 AM Senior Recognition

10:00 AM 3000M Steeplechase Women

10:20 AM 3000M Steeplechase Men

10:40 AM 4X100 Relay Women

11:00 AM 4X100 Relay Men

11:20 AM 1500 Meters Women

11:40 AM 1500 Meters Men

12:00 PM 100 Hurdles Final Women

12:30 PM 110 Hurdles Final Men

1:00 PM 400 Meters Women

1:20 PM 400 Meters Men

1:40 PM 100 Meters Final Women

2:00 PM 100 Meters Final Men

2:20 PM 800 Meters Women

2:40 PM 800 Meters Men

3:00 PM 400 Hurdles Women

3:20 PM 400 Hurdles Men

3:40 PM 200 Meters Women

4:00 PM 200 Meters Men

4:20 PM 5000 Meters Women

4:50 PM 5000 Meters Men

5:10 PM 4X400 Relay Women

5:25 PM 4X400 Relay Men

Jumping Events

10:00 AM High Jump Men followed by Women

10:00 AM Pole Vault Women followed by Men

10:00 AM Long Jump Women followed by Men

****Triple Jump Women followed by Men (Will start at the conclusion of Men's LJ)

Throwing Events

12:30 PM Women's Discus followed by Men

12:30 PM Men's Shot put followed by Women

COMPETITION NOTES:

***Access to the infield will only be available for athletes competing in the upcoming event and coaches. ***

Check In: All events will check in 30 minutes before the event starts. Running events will check in at the clerking tent outside the gate adjacent to the 100m start line. Field events will be checked in at the event site.

Implement Inspection: Will take place 60 minutes before event start time at the throwing fields (located behind the baseball stadium on Sincok lane.) Pole vault inspection will take place at the event site.

Starting Heights: Pole Vault opening heights will be 2.45m for women, 3.20m for men, and will progress by 15cm. High Jump opening heights will be 1.45m for women, 1.60m for men, and will progress by 5cm.

Throwing & Jumping Events: Will have 3 preliminary attempts. Top 9 will advance to finals.

Sports Medicine: There will be an athletic trainer available. Medical tent area will be located next to the clerking tent outside of the fence adjacent to the 100m start line.

Input: if not traveling with trainer, reach out to TBA

Warm Up Area: There will be limited infield access. We will utilize our turf football practice field 11 (far right field in orange) for warmups.

Parking: Highlighted below in purple for general parking and black for bus park

