

# 2026 MAC Outdoor Track & Field Championships

## Schedule of Events

### >> THURSDAY, MAY 14

#### Decathlon (speculative)

10:25a 100m

11:00a Long Jump

12:00p Shot Put

1:00p High Jump

2:50p 400m

#### Heptathlon (speculative)

10:00a 100m Hurdles

10:40a High Jump

1:00p Shot Put

2:00p 200m

#### Field Events

10:00a W Hammer Trials/Finals

12:00p M Pole Vault Finals

1:00p M Discus Trials/Finals

3:00p W Pole Vault Finals

3:00p M Javelin Trials/Finals

5:00p W Javelin Trials/Finals

#### Running Events

5:10p National Anthem

5:25p W 1500m Trials

5:45p M 400m Hurdles Trials

5:55p W 400m Hurdles Trials

6:15p M 200m Trials

6:25p W 200m Trials

6:45p M 10,000m Final

7:25p W 10,000m Final

7:25p M 10,000m Final

### >> FRIDAY, MAY 15

#### Decathlon (speculative)

12:00p 110m Hurdles

12:40p Discus

1:50p Pole Vault

4:00p Javelin

5:00p 1500m

#### Heptathlon (speculative)

12:30p Long Jump

2:00p Javelin

3:30p 800m

#### Field Events

10:00a M Hammer Trials/Finals

2:00p M Long Jump Trials/Finals

3:00p W Shot Put Trials/Finals

5:00p M Shot Put Trials/Finals

5:00p W Long Jump Trials/Finals

#### Running Events

4:00p National Anthem

4:10p M 100m Hurdles Trials

4:25p W 110m Hurdles Trials

4:45p M 400m Trials

5:00p W 400m Trials

5:20p M 100m Trials

5:35p W 100m Trials

5:55p M 800m Trials

6:10p W 800m Trials

6:30p M 3000m Steeplechase Final

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### >> SATURDAY, MAY 16

#### Field Events

9:00a W Discus Trials/Finals

10:30a W High Jump Trials/Finals

10:30a M Triple Jump Trials/Finals

12:30p W Triple Jump Trials/Finals

1:30p M High Jump Trials/Finals

#### Running Events – All Finals

10:50a National Anthem

11:00a M 4x100m Relay

11:10a W 4x100m Relay

11:25a M 1500m

11:35a W 1500m

11:50a M 110m Hurdles

12:00p W 100m Hurdles

12:10p M 400m

12:20p W 400m

12:30p M 100m

12:40p W 100m

12:50p M 800m

1:00p W 800m

1:15p M 400m Hurdles

1:25p W 400m Hurdles

1:35p M 200m

1:45p W 200m

1:55p M 5000m

2:20p W 5000m

2:40p M 4x400 Relay

2:50p W 4x400 Relay

**3:15p Awards Ceremony**