



2026 OUTDOOR TRACK & FIELD CHAMPIONSHIPS

May 14-16

Fargo, ND | Terrence Dahl and Donna Beres Track Complex
Hosted by North Dakota State University

THURSDAY, MAY 14

Heptathlon/Decathlon

1 p.m.	100 Meter Hurdles	Women's Heptathlon
1:45 p.m.	High Jump	
TBA	Shot Put	
TBA	200 Meter Dash	
1:30 p.m.	100 Meter Dash	Men's Decathlon
2:15 p.m.	Long Jump	
TBA	Shot Put	
TBA	High Jump	
TBA	400 Meter Dash	

Field Events

12 p.m.	Hammer Throw	Women's Trials & Final
2 p.m.	Hammer Throw	Men's Trials & Final
4 p.m.	Javelin Throw	Women's Trials & Finals
	Pole Vault	Men's Trials & Final
5 p.m.	Long Jump	Women's Trials and Finals
6 p.m.	Javelin Throw	Men's Trials & Final

*National Anthem to be played prior to 200 Meter Dash

Track Events

6 p.m.	200 Meter Dash	Women's Trials
6:15 p.m.	200 Meter Dash	Men's Trials
6:30 p.m.	400 Meter Hurdles	Women's Trials
6:45 p.m.	400 Meter Hurdles	Men's Trials
7 p.m.	10,000 Meter Run	Women's Final
7:45 p.m.	10,000 Meter Run	Men's Final

FRIDAY, MAY 15

Heptathlon/Decathlon

11 a.m.	110 Meter Hurdles	Men's Decathlon
11:45 a.m.	Discus Throw	
TBA	Pole Vault	
TBA	Javelin Throw	
TBA	1,500 Meter Run	
12:30 p.m.	Long Jump	Women's Heptathlon
TBA	Javelin Throw	
TBA	800 Meter Run	

Field Events

2 p.m.	High Jump	Men's Trials and Finals
3 p.m.	Shot Put	Women's Trials and Final
3:30 p.m.	High Jump	Women's Trials & Final
5 p.m.	Long Jump	Men's Trials & Final
	Shot Put	Men's Trials & Final

*National Anthem to be played prior to 110 meter hurdles

Track Events

4 p.m.	100 Meter Hurdles	Women's Trials
4:10 p.m.	110 Meter Hurdles	Men's Trials
4:20 p.m.	400 Meter Dash	Women's Trials
4:30 p.m.	400 Meter Dash	Men's Trials
4:40 p.m.	100 Meter Dash	Women's Trials
4:50 p.m.	100 Meter Dash	Men's Trials
5 p.m.	800 Meter Run	Women's Trials
5:10 p.m.	800 Meter Run	Men's Trials

5:20 p.m. Individual Awards Ceremony

5:40 p.m.	3,000 Meter Steeplechase	Women's Final
6 p.m.	3,000 Meter Steeplechase	Men's Final

SATURDAY, MAY 16

Field Events

11 a.m.	Discus Throw	Women's Trials & Final
	Triple Jump	Women's Trials & Final
1 p.m.	Pole Vault	Women's Trials & Final
	Discus Throw	Men's Trials & Final
	Triple Jump	Men's Trials & Final

*National Anthem to be played prior to 4x100 meter relay

Track Events

12:20 p.m.	4x100 Meter Relay	Women's Final
12:25 p.m.	4x100 Meter Relay	Men's Final
12:35 p.m.	1,500 Meter Run	Women's Final
12:50 p.m.	1,500 Meter Run	Men's Final
1:05 p.m.	100 Meter Hurdles	Women's Final
1:15 p.m.	110 Meter Hurdles	Men's Final
1:20 p.m.	400 Meter Dash	Women's Final
1:25 p.m.	400 Meter Dash	Men's Final
1:30 p.m.	100 Meter Dash	Women's Final
1:35 p.m.	100 Meter Dash	Men's Final

1:40 p.m. Individual Awards Ceremony

1:55 p.m.	800 Meter Run	Women's Final
2 p.m.	800 Meter Run	Men's Final
2:05 p.m.	400 Meter Hurdles	Women's Final
2:15 p.m.	400 Meter Hurdles	Men's Final
2:20 p.m.	200 Meter Dash	Women's Final
2:25 p.m.	200 Meter Dash	Men's Final
2:30 p.m.	5,000 Meter Run	Women's Final
2:55 p.m.	5,000 Meter Run	Men's Final
3:15 p.m.	4x400 Meter Relay	Women's Final
3:25 p.m.	4x400 Meter Relay	Men's Final

3:30 p.m. Team Awards Ceremony

*Individual awards will be given out at the conclusion of each event when possible or during the award ceremony times listed.