

2026 Jim Freeman / Clark Wood Open

Tentative Schedule - Updated April 21, 2026 at 1:20pm

Thursday April 23, 2026

Running Events		Jumping Events			Throwing Events			Combined Events	
Start Time	Event	Start Time	Event	Flight	Start Time	Event	Flight	Start Time	Event
4:00 PM	Heptathlon 200	2:15 PM	W Long Jump	"B" - Flight 1	10:00 AM	W Hammer Throw	Flight 1	12:30 PM	Decathlon 100
5:00 PM	Decathlon 400		W Long Jump	"B" - Flight 2		W Hammer Throw	Flight 2	1:10 PM	Decathlon Long Jump
6:00 PM	W 10,000					W Hammer Throw	Finals	2:10 PM	Decathlon Shot Put
6:45 PM	M 10,000	4:30 PM	W Long Jump	"A" - Flight 1	1:00 PM	M Hammer Throw	Flight 1	3:10 PM	Decathlon High Jump
		5:45 PM	M Long Jump	"A" - Flight 1		M Hammer Throw	Flight 2	5:00 PM	Decathlon 400
		2:00 PM	W Pole Vault	"A"		M Hammer Throw	Flight 3		
		5:00 PM	M Pole Vault	"A"	5:00 PM	M Hammer Throw	Finals	12:10 PM	Heptathlon 100 Hurdles
						M Javeliin	Flight 1	1:00 PM	Heptathlon High Jump
						M Javeliin	Finals	3:00 PM	Heptathlon Shot Put
								4:00 PM	Heptathlon 200

Friday April 24, 2026

Running Events		Jumping Events			Throwing Events			Combined Events	
Start Time	Event	Start Time	Event	Flight	Start Time	Event	Flight	Start Time	Event
11:20 AM	Decathlon 110 Hurdles	10:30 AM	M Long Jump	"B" - Flight 1	9:30 AM	W Javelin	Flight 1	11:30 AM	Decathlon 110 Hurdles
3:00 PM	W 800		M Long Jump	"B" - Flight 2		W Javelin	Flight 2	12:15 PM	Decathlon Discus
3:20 PM	M 800		M Long Jump	"B" - Finals		W Javelin	Finals	1:45 PM	Decathlon Pole Vault
3:45 PM	Heptathlon 800				12:30 PM	W Shot Put	"A" - Flight 1	4:15 PM	Decathlon Javelin
3:55 PM	W 200	2:45 PM	W Long Jump	"B" - Flight 3				5:15 PM	Decathlon 1500
4:20 PM	M 200		W Long Jump	"B" - Flight 4	1:40 PM	W Shot Put	"B" - Flight 1		
4:40 PM	W 400 Hurdles		W Long Jump	Finals		W Shot Put	"B" - Flight 2	1:30 PM	Heptathlon Long Jump
4:55 PM	M 400 Hurdles					W Shot Put	"B" - Flight 3	2:30 PM	Heptathlon Javelin
5:15 PM	Decathlon 1500	4:00 PM	M Pole Vault	"B"		W Shot Put	"B" - Finals	3:45 PM	Heptathlon 800
5:30 PM	W 5000				5:10 PM	M Shot Put	Flight 1		
6:20 PM	M 5000	1:00 PM	M High Jump	"B"		M Shot Put	Flight 2		
		3:00 PM	M High Jump	"A"		M Shot Put	Finals		

Saturday April 25, 2026

Track Events		Jumping Events			Throwing Events		
Start Time	Event	Start Time	Event	Flight	Start Time	Event	Flight
12:15 PM	W 100m Hurdles	11:00 AM	W High Jump	"B"	10:00 AM	M Discus	Flight 1
12:45 PM	M 110m Hurdles	1:00 PM	W High Jump	"A"		M Discus	Flight 2
Alumni Recognition + National Anthem						M Discus	Flight 3
1:35 PM	W 3000m Steeplechase	11:00 AM	W Pole Vault	"C"		M Discus	Finals
1:45 PM	M 3000m Steeplechase	2:30 PM	W Pole Vault	"B"	2:30 PM	W Discus	Flight 1
2:15 PM	W 4 x 100m Relay					W Discus	Flight 2
2:25 PM	M 4 x 100m Relay	11:30 AM	M Triple Jump	Flight 1		W Discus	Flight 2
2:30 PM	W 400		M Triple Jump	Flight 2		W Discus	Flight 3
2:55 PM	M 400		M Triple Jump	Finals		W Discus	Finals
3:15 PM	W 100m						
3:35 PM	M 100m	2:30 PM	W Triple Jump	Flight 1			
3:55 PM	W 1500m		W Triple Jump	Flight 2			
4:40 PM	M 1500m		W Triple Jump	Flight 3			
5:20 PM	W 4 x 400m Relay		W Triple Jump	Finals			
5:40 PM	M 4 x 400m Relay						