

2026 Jim Freeman / Clark Wood Open

Final Schedule - Updated April 22, 2026

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
12:10 PM	Heptathlon 100 Hurdles	2:15 PM	W Long Jump	"B" (Flight 1)	10:00 AM	W Hammer Throw	"A" (Flight 1)	12:30 PM	Decathlon 100
12:30 PM	Decathlon 100		W Long Jump	"B" (Flight 2)		W Hammer Throw	"A" (Flight 2)	1:10 PM	Decathlon Long Jump
4:00 PM	Heptathlon 200					W Hammer Throw	"A" (Finals)	2:10 PM	Decathlon Shot Put
5:00 PM	Decathlon 400	4:30 PM	W Long Jump	"A" (Flight 1)	1:00 PM	M Hammer Throw	"A" (Flight 1)	3:10 PM	Decathlon High Jump
6:00 PM	W 10,000 (1 heat)	5:45 PM	M Long Jump	"A" (Flight 1)		M Hammer Throw	"A" (Flight 2)	5:00 PM	Decathlon 400
6:45 PM	M 10,000 (1 heat)					M Hammer Throw	"A" (Flight 3)		
		2:00 PM	W Pole Vault	"A"	5:00 PM	M Javeliin	"A" (Flight 1)	12:10 PM	Heptathlon 100 Hurdles
		5:00 PM	M Pole Vault	"A"		M Javeliin	"A" (Finals)	1:00 PM	Heptathlon High Jump
								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
11:30 AM	Decathlon 110 Hurdles	10:15 AM	W Long Jump	"B" (Flight 3)	9:30 AM	W Javeliin	"A" (Flight 1)	11:30 AM	Decathlon 110 Hurdles
3:00 PM	W 800 (9 heats)		W Long Jump	"B" (Flight 4)		W Javeliin	"A" (Flight 2)	12:15 PM	Decathlon Discus
3:25 PM	M 800 (10 heats)		W Long Jump	"B" (Flight 5)		W Javeliin	"A" (Finals)	1:45 PM	Decathlon Pole Vault
3:50 PM	W 200 (13 heats)		W Long Jump	"B" (Finals)	12:30 PM	W Shot Put	"A" (Flight 1)	4:15 PM	Decathlon Javeliin
4:15 PM	M 200 (9 heats)							5:15 PM	Decathlon 1500
4:35 PM	Heptathlon 800	3:00 PM	M Long Jump	"B" (Flight 1)	1:40 PM	W Shot Put	"B" (Flight 1)	2:00 PM	Heptathlon Long Jump
4:40 PM	W 400 Hurdles (5 heats)		M Long Jump	"B" (Flight 2)		W Shot Put	"B" (Flight 2)	3:00 PM	Heptathlon Javeliin
4:55 PM	M 400 Hurdles (4 heats)		M Long Jump	"B" (Finals)		W Shot Put	"B" (Flight 3)	4:35 PM	Heptathlon 800
5:15 PM	Decathlon 1500	4:00 PM	M Pole Vault	"B"		W Shot Put	"B" (Finals)		
5:30 PM	W 5000 (2 heats)	1:00 PM	M High Jump	"B"	5:10 PM	M Shot Put	"A" (Flight 1)		
6:20 PM	M 5000 (2 heats)	3:00 PM	M High Jump	"A"		M Shot Put	"A" (Flight 2)		
						M Shot Put	"A" (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 (7 heats)	11:00 AM	W High Jump	"B"	10:00 AM	M Discus	Flight 1
12:45 PM	M 110m Hurdles (5 heats)	1:00 PM	W High Jump	"A"		M Discus	Flight 2
Alumni Recognition + National Anthem							
1:35 PM	W 3000m Steeplechase (1 heat)	11:00 AM	W Pole Vault	"C"		M Discus	Flight 3
1:50 PM	M 3000m Steeplechase (2 heats)	2:30 PM	W Pole Vault	"B"		M Discus	Finals
2:15 PM	W 4 x 100m Relay (3 heats)				2:30 PM	W Discus	Flight 1
2:25 PM	M 4 x 100m Relay (2 heats)	11:30 AM	M Triple Jump	"A" (Flight 1)		W Discus	Flight 2
2:35 PM	W 400 (10 heats)		M Triple Jump	"A" (Flight 2)		W Discus	Flight 3
3:00 PM	M 400 (9 heats)		M Triple Jump	"A" (Finals)		W Discus	Finals
3:20 PM	W 100m (10 heats)						
3:40 PM	M 100m (9 heats)	2:30 PM	W Triple Jump	"A" (Flight 1)			
4:00 PM	W 1500m (8 heats)		W Triple Jump	"A" (Flight 2)			
4:50 PM	M 1500m (8 heats)		W Triple Jump	"A" (Flight 3)			
5:35 PM	W 4 x 400m Relay (4 heats)		W Triple Jump	"A" (Finals)			
5:50 PM	M 4 x 400m Relay (3 heats)						