

# 2026 Jim Freeman / Clark Wood Open

Final Schedule - Updated April 24, 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 )				3:10 PM	Decathlon High Jump
6:00 PM	W 10,000 ( 1 heat )	5:45 PM	M Long Jump	"A" ( Flight 1 )	1:00 PM	M Hammer Throw	"A" ( Flight 1 )	5:00 PM	Decathlon 400
6:45 PM	M 10,000 ( 1 heat )					M Hammer Throw	"A" ( Flight 2 )		
		2:00 PM	W Pole Vault	"A"		M Hammer Throw	"A" ( Flight 3 )	12:10 PM	Heptathlon 100 Hurdles
		5:00 PM	M Pole Vault	"A"		M Hammer Throw	"A" ( Finals )	1:00 PM	Heptathlon High Jump
					5:00 PM	M Javelin	"A" ( Flight 1 )	3:00 PM	Heptathlon Shot Put
						M Javelin	"A" ( Finals )	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 Javelin	"A" ( Flight 1 )	11:30 AM	Decathlon 110 Hurdles
3:00 PM	W 800 ( 9 heats )		W Long Jump	"B" ( Flight 4 )		W Javelin	"A" ( Flight 2 )	12:15 PM	Decathlon Discus
3:25 PM	M 800 ( 10 heats )		W Long Jump	"B" ( Flight 5 )		W Javelin	"A" ( Finals )	1:45 PM	Decathlon Pole Vault
3:50 PM	W 200 ( 13 heats )		W Long Jump	"B" ( Finals )				4:15 PM	Decathlon Javelin
4:15 PM	M 200 ( 9 heats )				12:30 PM	W Shot Put	"A" ( Flight 1 )	5:15 PM	Decathlon 1500
4:35 PM	Heptathlon 800	3:00 PM	M Long Jump	"B" ( Flight 1 )					
4:40 PM	W 400 Hurdles ( 5 heats )		M Long Jump	"B" ( Flight 2 )	1:40 PM	W Shot Put	"B" ( Flight 1 )	2:00 PM	Heptathlon Long Jump
4:55 PM	M 400 Hurdles ( 4 heats )		M Long Jump	"B" ( Finals )		W Shot Put	"B" ( Flight 2 )	3:00 PM	Heptathlon Javelin
5:15 PM	Decathlon 1500					W Shot Put	"B" ( Flight 3 )	4:35 PM	Heptathlon 800
5:30 PM	W 5000 ( 2 heats )	10:30 AM	M Pole Vault	"B"		W Shot Put	"B" ( Finals )		
6:20 PM	M 5000 ( 2 heats )				5:10 PM	M Shot Put	"A" ( Flight 1 )		
		1:00 PM	M High Jump	"B"		M Shot Put	"A" ( Flight 2 )		
		3:00 PM	M High Jump	"A"		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
9:15 AM	M "B" 5000 ( 1 Heat )	11:00 AM	W High Jump	"B"	10:00 AM	M Discus	Flight 1
9:15 AM	W "B" 5000 ( 1 heat )	1:00 PM	W High Jump	"A"		M Discus	Flight 2
11:00 AM	W "B" 1500 ( 1 heat )					M Discus	Flight 3
12:15 PM	W 100m Hurdles ( 7 heats )	11:00 AM	W Pole Vault	"C"		M Discus	Finals
12:45 PM	M 110m Hurdles ( 5 heats )	2:30 PM	W Pole Vault	"B"			
<b>Alumni Recognition + National Anthem</b>							
1:35 PM	W 3000m Steeplechase ( 1 heat )	11:30 AM	M Triple Jump	"A" ( Flight 1 )	2:30 PM	W Discus	Flight 1
1:50 PM	M 3000m Steeplechase ( 2 heats )		M Triple Jump	"A" ( Flight 2 )		W Discus	Flight 2
2:15 PM	W 4 x 100m Relay ( 3 heats )		M Triple Jump	"A" ( Finals )		W Discus	Flight 3
2:25 PM	M 4 x 100m Relay ( 2 heats )					W Discus	Finals
2:35 PM	W 400 ( 10 heats )	2:30 PM	W Triple Jump	"A" ( Flight 1 )			
3:10 PM	M 400 ( 9 heats )		W Triple Jump	"A" ( Flight 2 )			
3:30 PM	W 100m ( 10 heats )		W Triple Jump	"A" ( Flight 3 )			
3:45 PM	M 100m ( 9 heats )		W Triple Jump	"A" ( Finals )			
4:05 PM	W 1500m ( 7 heats )						
4:50 PM	M 1500m ( 8 heats )						
5:35 PM	W 4 x 400m Relay ( 4 heats )						
5:50 PM	M 4 x 400m Relay ( 3 heats )						