

2026 GAC Track & Field Championships

Wednesday, April 29

Combined Events

2:00 pm	Decathlon:	100m
2:30 pm	Heptathlon:	100m Hurdles
2:45 pm	Decathlon:	Long Jump
3:15 pm	Heptathlon:	High Jump
3:45 pm	Decathlon:	Shot Put
5:00 pm	Decathlon:	High Jump
5:15 pm	Heptathlon:	Shot Put
6:30 pm	Heptathlon:	200m
6:45 pm	Decathlon:	400m

Field Events

12:00 pm	Javelin	Men
2:00 pm	Javelin	Women
4:30 pm	Hammer	Men
6:30 pm	Hammer	Women

Running Events Finals

8:30 pm	10,000m (finals)	Women
9:15 pm	10,000m (finals)	Men

Thursday, April 30

Combined Events

9:30 am	Decathlon:	110 Hurdles
10:00 am	Heptathlon:	Long Jump
10:15 am	Decathlon:	Discus
11:15 am	Heptathlon:	Javelin
12:15 pm	Decathlon:	Pole Vault
12:30 pm	Heptathlon:	800m
2:45 pm	Decathlon:	Javelin
4:00 pm	Decathlon:	1500m

Field Events

2:00 pm	Long Jump	Women
2:00 pm	Shot Put	Men
4:00 pm	Pole Vault	Women
4:30 pm	Shot Put	Women
4:30 pm	Long Jump	Men

Running Events Prelims

4:30 pm	100m Hurdles	Women
4:45 pm	110m Hurdles	Men
5:05 pm	400m	Women
5:20 pm	400m	Men
5:40 pm	100m	Women
5:55 pm	100m	Men
6:15 pm	800m	Women
6:30 pm	800m	Men
6:50 pm	400m Hurdles	Women
7:05 pm	400m Hurdles	Men
7:20 pm	200m	Women
7:35 pm	200m	Men

Running Finals

8:15 pm	3000m St	Women
8:45 pm	3000m St	Men

Friday, May 1

Field Events

10:30 am	High Jump	Women
10:30 am	Discus	Women
11:30 am	Triple Jump	Men
1:30 pm	Pole Vault	Men
2:00 pm	High Jump	Men
2:30 pm	Triple Jump	Women
2:30 pm	Discus	Men

Running Events

2:00 pm	4 x 100m Relay	Women
2:10 pm	4 x 100m Relay	Men
2:20 pm	1500m	Women
2:45 pm	1500m	Men
3:10 pm	100m Hurdles	Women
3:15 pm	110m Hurdles	Men
3:25 pm	400m	Women
3:30 pm	400m	Men
3:40 pm	100m	Women
3:45 pm	100m	Men
3:55 pm	800m	Women
4:05 pm	800m	Men
4:20 pm	400m Hurdles	Women
4:30 pm	400m Hurdles	Men
4:50 pm	200m	Women
4:55 pm	200m	Men
5:05 pm	5,000m	Women
5:35 pm	5,000m	Men
6:00 pm	4 x 400m Relay	Women
6:10 pm	4 x 400m Relay	Men
6:30 pm	Presentation of Awards	