



**FINAL SCHEDULE OF EVENTS**  
**March 19-20, 2026**  
**Richmond, VA**

**THURSDAY (3/19) Field Events**

- 02:00PM Shot Put – Women followed by Men
- 03:00PM Hammer - Men followed by Women

**FRIDAY (3/20) - Track Events**

- 10:00AM 3000M Steeplechase Women
- 10:15 3000M Steeplechase Men
- 10:30 3000 Meters Women
- 10:45 3000 Meters Men
- 10:55 4X100 Relay Women
- 11:05 4X100 Relay Men
- 11:15 1500 Meters Women
- 11:40 1500 Meters Men
- 12:20PM 100 Hurdles Final Women
- 12:35 110 Hurdles Final Men
- 12:40 400 Meters Women
- 1:00 400 Meters Men
- 1:20 100 Meters Final Women
- 1:35 100 Meters Final Men
- 2:05 800 Meters Women
- 2:20 800 Meters Men
- 2:40 400 Hurdles Women
- 2:50 400 Hurdles Men
- 3:10 200 Meters Women
- 3:45 200 Meters Men
- 4:10 5000 Meters Women
- 4:30 5000 Meters Men
- 4:50 4X400 Relay Women
- 5:00 4X400 Relay Men
- 5:20 *Running Events End*



**FRIDAY (3/20) Field Events – Tentative – Men’s and Women’s Field events will be on a rolling schedule**

- 10:00AM Discus - Men followed by Women
- 10:00AM Triple Jump - Women followed by Men
- 11:00PM Pole Vault - Women followed by Men
- 12:30PM High Jump - Women followed by Men
- ~1:00PM Long Jump - Women followed by Men
- ~1:00PM Javelin - Men followed by Women

