



IC4A / ECAC CHAMPIONSHIPS

APRIL 17-18, 2026
BAUER TRACK AND FIELD COMPLEX
PISCATAWAY, N.J.

SATURDAY - RUNNING EVENTS

12:10pm	400m	MEN
12:25pm	400m	WOMEN
12:45pm	100mH (Prelims)	WOMEN
1:05pm	110mH (Prelims)	MEN
1:20pm	800m	MEN
1:45pm	800m	WOMEN
2:10pm	100m (Prelims)	MEN
2:25pm	100m (Prelims)	WOMEN
2:40pm	1,500m	MEN
3:10pm	1,500m	WOMEN
3:40pm	3,000m Steeplechase	MEN
4:10pm	3,000m Steeplechase	WOMEN
4:45am	5,000m	MEN
5:20am	5,000m	WOMEN
5:45pm	10,000m	MEN
6:20pm	10,000m	WOMEN

HEPTATHLON

11:45am	100mH
4:40pm	200m

DECATHLON

11:30am	100m
5:40am	400m

SATURDAY - FIELD EVENTS

10:00am	High Jump	WOMEN
10:00am	High Jump	MEN
10:00am	Hammer Throw	WOMEN
11:00am	Pole Vault	MEN
12:00pm	Long Jump	MEN
12:00pm	Javelin	WOMEN
12:00pm	Shot Put	MEN
1:15pm	Hammer Throw	MEN
3:00pm	Pole Vault	WOMEN
3:00pm	Long Jump	WOMEN
3:00pm	Javelin	MEN
3:00pm	Shot Put	WOMEN
4:30pm	Discus	MEN

HEPTATHLON

12:45pm	High Jump
3:30pm	Shot Put

DECATHLON

12:05pm	Long Jump
1:20pm	Shot Put
2:45pm	High Jump



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SUNDAY - RUNNING EVENTS

11:45am	4x100m	MEN
11:55am	4x100m	WOMEN
12:05pm	110mH (Finals)	MEN
12:15pm	100mH (Finals)	WOMEN
12:25pm	100m (Finals)	MEN
12:30pm	100m (Finals)	WOMEN
12:40pm	400mH	MEN
1:00pm	400mH	WOMEN
1:20pm	200m	MEN
1:40m	200m	WOMEN
2:05pm	3,000m	MEN
2:25pm	3,000m	WOMEN
2:50pm	4x800m	MEN
3:05pm	4x800m	WOMEN
3:20pm	4x400m	MEN
3:40pm	4x400m	WOMEN

HEPTATHLON

2:00pm 800m

DECATHLON

9:30am 110mH
3:30pm 1,500m

SUNDAY - FIELD EVENTS

1:00pm	Triple Jump	MEN
1:00pm	Triple Jump	WOMEN
1:00pm	Discus	WOMEN

HEPTATHLON

11:00am Long Jump
12:15pm Javelin

DECATHLON

10:15am Discus
11:30am Pole Vault
2:40pm Javelin