

# 2026 Charlotte 49er Classic & Combined Events

## Irwin Belk Track & Field Center

### *FINAL SCHEDULE*

#### 49er Classic Combined Events

##### Thursday, March 19

11:00 a.m. Heptathlon  
11:45 a.m. Decathlon

##### Friday, March 20

9:00 a.m. Decathlon  
9:30 a.m. Heptathlon

#### 49er Classic

##### Friday, March 20

##### Field Events

11:00 a.m.	Hammer	Women
Noon	Long Jump (2 pits)	Men
1:30 p.m.	High Jump B 1.95m & Below	Men
1:30 p.m.	Pole Vault B 3.40m & Below	Women
2:30 p.m.	Javelin	Men
3:00 p.m.	Hammer	Men
3:30 p.m.	Long Jump (2 pits)	Women
3:30 p.m.	High Jump A 1.96m & Above	Men
4:30 p.m.	Pole Vault A 3.45m & Above	Women
5:45 p.m.	Discus	Women

##### Running Events

Noon	100m Hurdle	Women
12:40 p.m.	110m Hurdle	Men
1:15 p.m.	100m Dash	Women
1:40 p.m.	100m Dash	Men
2:20 p.m.	400m Dash	Women
2:55 p.m.	<i>Decathlon 1500m</i>	<i>Men</i>
3:05 p.m.	400m Dash	Men
3:50 p.m.	400m Hurdle	Women
4:10 p.m.	400m Hurdle	Men
4:50 p.m.	3000m Steeplechase	Women
5:05 p.m.	3000m Steeplechase	Men
5:30 p.m.	1500m Run	Women
6:00 p.m.	1500m Run	Men
6:35 p.m.	5000m Run Open	Women
7:25 p.m.	5000m Run Open	Men
8:20 p.m.	5000m Run Invitational	Women
8:40 p.m.	5000m Run Invitational	Men
9:00 p.m.	10000m Run	Women
9:50 p.m.	10000m Run	Men

#### Saturday, March 21

##### Field Events

10:00 a.m.	Shot Put (2 rings)	Men
10:00 a.m.	Javelin	Women
11:00 a.m.	Pole Vault B 4.40m & Below	Men
11:00 a.m.	Triple Jump	Women
Noon	High Jump B 1.56m & Below	Women
1:00 p.m.	Shot Put (2 rings)	Women
1:30 p.m.	Discus	Men
2:00 p.m.	High Jump A 1.60m & Above	Women
2:00 p.m.	Triple Jump	Men
2:30 p.m.	Pole Vault A 4.45m & Above	Men

##### Running Events

Noon	4x100m	Women
12:20 p.m.	4x100m	Men
12:45 p.m.	800m Run	Women
1:15 p.m.	800m Run	Men
1:50 p.m.	200m Dash	Women
2:35 p.m.	200m Dash	Men
3:30 p.m.	3000m Run	Women
3:55 p.m.	3000m Run	Men
4:20 p.m.	4x800m	Women
4:35 p.m.	4x800m	Men
4:50 p.m.	4x400m	Women
5:05 p.m.	4x400m	Men

##### Vertical Jump Bar Progressions

Women's HJ	B: 1.38m (4'6.25) 5cm to 1.58m then 3cm A: 1.53m (5'0.25) 5cm to 1.73 then 3cm
Women's PV	B: 2.55m (8'4.5) 15cm to 3.45m then 10cm A: 3.15m (10'4) 15cm to 3.90m then 10cm
Men's HJ	B: 1.75m (5'9) 5cm to 1.95m then 3cm A: 1.85m (6'0.75) 5cm to 2.10m then 3cm
Men's PV	B: 3.53m (11'7) 15cm to 4.43m then 10cm A: 4.28m (14'0.5) 15cm to 5.18m then 10cm

##### Weigh In

By 1 hour prior to start of each respective throwing event at the equipment room at the north end of the mid-level stands (Note: Weigh hammers before exiting stadium for cage to warm up). Saturday discus weigh in ending at 12:30 p.m.