



## 2026 UW Preview | **FINAL SCHEDULE**

**Friday January 16, 2026**

### **FRIDAY FIELD EVENTS**

<b>Start</b>	<b>Event</b>	
1:00 p.m.	Men's Weight Throw	1 Flight
2:00 p.m.	Men's Pole Vault (B Section)	1 Flight
3:30 p.m.	Women's Weight Throw	1 Flight
4:00 p.m.	Men's High Jump (ONLY section)	1 Flight
5:00 p.m.	Women's Pole Vault (B Section)	1 Flight
6:00 p.m.	Women's High Jump (Flight 1)	1 Flight
~7 p.m.	Approximate end of Day 1 Field	

### **FRIDAY RUNNING EVENTS**

4:00 p.m.	Men's 3000 Meters (7 SLOWEST Heats)	7 Heats
5:15 p.m.	Women's 3000 Meters (5 SLOWEST Heats)	5 Heats
6:35 p.m.	Men's Mile Heats (2 SLOWEST Heats)	2 Heats
6:50 p.m.	Women's Mile Heats (SLOWEST Heats)	2 Heats
~7:10 p.m.	Approximate end of Day 1 of Track	

**\*HEATS SLOW to FAST**

**Saturday January 17, 2026**

### **SATURDAY FIELD EVENTS**

9:00 a.m.	Women's Triple Jump (Flight 1)	1 Flight
9:00 a.m.	Men's Shot Put (Flight 1 to go first, immediately followed by Flight 2)	2 Flights
9:00 a.m.	Women's High Jump (Flight 2)	1 Flight
10:00 a.m.	Women's Pole Vault INVITE	1 Flight
10:30 a.m.	Women's Triple Jump (Flight 2)	1 Flight
10:30 a.m.	Men's Triple Jump (ONLY Section)	1 Flight
12:30 p.m.	Men's Long Jump (Flight 1)	1 Flight
12:30 p.m.	Women's Long Jump (Flight 1)	1 Flight
1:00 p.m.	Women's Shot Put (Flight 1 to go first, immediately followed by Flight 2)	2 Flights
1:00 p.m.	Men's Pole Vault INVITE	1 Flight
2:00 p.m.	Women's Long Jump (Flight 2, finals immediately follow)	1 Flight
2:00 p.m.	Men's Long Jump (Flight 2, finals immediately follow)	1 Flight

### **SATURDAY RUNNING EVENTS**

9:00 a.m.	Women's 60m Hurdles, Prelim (top 8 times advance to a 2 heat final)	10 Heats
9:20 a.m.	Men's 60m Hurdles, Prelim (top 8 times advance to a 2 heat final) 25 entries	6 Heats
9:40 a.m.	Women's 60 Meters, Prelim	14 Heats
10:00 a.m.	Men's 60 Meters Prelim	13 Heats
10:18 a.m.	Mixed Master's 60m Dash	3 Heats
10:25 a.m.	Women's 60m Hurdles, FINAL	2 Heats
10:35 a.m.	Men's 60m Hurdles FINAL	2 Heats
10:45 a.m.	Women's 60 Meters FINAL	2 Heats
10:50 a.m.	Men's 60 Meters FINAL	2 Heats
11:00 a.m.	Women's Mile	3 Heats
11:25 a.m.	Men's Mile	5 heats
12:05 p.m.	Women's 400 Meters	7 Heats
12:25 p.m.	Men's 400 Meters	5 Heats
12:45 p.m.	Women's 600 Meters	3 Heats
1:00 p.m.	Men's 600 Meters	1 Heat
1:10 p.m.	Women's 800 Meters	4 Heats
1:25 p.m.	Men's 800 Meters	5 Heats

1:50 p.m.	Women's 200 Meters	12 Heats
2:25 p.m.	Men's 200 Meters	10 Heats
2:50 p.m.	Women's 1000 Meters	2 Heats
3:05 p.m.	Men's 1000 Meters	3 Heats
3:20 p.m.	Women's 3000 Meters (Top 3 Sections)	3 Heats
3:55 p.m.	Men's 3000 Meters (Top 2 Sections)	2 Heats
4:15 p.m.	Women's 4x400-Meter Relay ~2 heats	
4:30 p.m.	Men's 4x400-Meter Relay ~2 heats	
~4:45 p.m.	Approximate end of meet	

**\*HEATS SLOW to FAST**

**\*\* WE WILL RUN AHEAD OF SCHEDULE WHEN POSSIBLE; BUT NO MORE THAN 10 MINUTES \*\***