



2026 TRACK & FIELD CHAMPIONSHIPS

Anteater Stadium - UC Irvine
Jack Rose Track - Long Beach State University

DECATHLON - Friday, May 8

12:00pm	Men's	100m
TBA (12:45pm)	Men's	Long Jump
TBA (01:50pm)	Men's	Shot Put
TBA (02:50pm)	Men's	High Jump
TBA (04:45pm)	Men's	400m

HEPTATHLON - Friday, May 8

12:15pm	Women's	100m Hurdles
TBA (01:15pm)	Women's	High Jump
TBA (03:15pm)	Women's	Shot Put
TBA (04:30pm)	Women's	200m

DECATHLON - Saturday, May 9

12:00pm	Men's	110m High Hurdles
TBA (12:45pm)	Men's	Discus
TBA (01:45pm)	Men's	Pole Vault
TBA (04:00pm)	Men's	Javelin
TBA (05:00pm)	Men's	1500m

HEPTATHLON - Saturday, May 9

12:30pm	Women's	Long Jump
TBA (02:15pm)	Women's	Javelin
TBA (03:30pm)	Women's	800m

FIELD EVENTS - Friday, May 15

All events are trials/final

10:30am	Women's	Hammer
12:00pm	Women's	Long Jump
12:00pm	Men's	Long Jump
12:30pm	Men's	Hammer
02:30pm	Women's	Shot Put
03:30pm	Women's	High Jump
03:30pm	Men's	High Jump
04:30pm	Men's	Shot Put

TRACK EVENTS - Friday, May 15

All events are trials, unless otherwise noted

01:00pm	Men's	Steeple Chase (Final)
01:20pm	Women's	Steeple Chase (Final)
02:00pm	Men's	1500m
02:20pm	Women's	1500m
02:40pm	Men's	110m High Hurdles
03:00pm	Women's	100m Hurdles
03:15pm	Men's	400m
03:30pm	Women's	400m
03:45pm	Men's	100m
04:00pm	Women's	100m
04:15pm	Men's	800m
04:30pm	Women's	800m
04:45pm	Men's	400m Hurdles
05:00pm	Women's	400m Int. Hurdles
05:15pm	Men's	200m
05:30pm	Women's	200m
05:45pm	Men's	10,000m (Final)
06:30pm	Women's	10,000m (Final)

FIELD EVENTS - Saturday, May 16

All events are trials/final

10:00am	Men's	Javelin
12:00pm	Women's	Javelin
12:30pm	Women's	Pole vault
12:30pm	Men's	Pole vault
01:30pm	Men's	Discus
03:00pm	Men's	Triple Jump
03:00pm	Women's	Triple Jump
03:30pm	Women's	Discus

TRACK EVENTS - Saturday, May 16

All events are finals

02:00pm	Men's	4 x 100m Relay
02:10pm	Women's	4 x 100m Relay
02:22pm	Men's	1500m
02:32pm	Women's	1500m
02:42pm	Men's	110m High Hurdles
02:52pm	Women's	100m Hurdles
03:02pm	Men's	400m
03:09pm	Women's	400m
03:19pm	Men's	100m
03:26pm	Women's	100m
03:36pm	Men's	800m
03:43pm	Women's	800m
03:53pm	Men's	400m Hurdles
04:03pm	Women's	400m Int. Hurdles
04:13pm	Men's	200m
04:21pm	Women's	200m
04:28pm	Men's	5000m
04:48pm	Women's	5000m
05:11pm	Men's	4 x 400m Relay
05:21pm	Women's	4 x 400m Relay

