



2026 NCAA DIVISION I INDOOR TRACK & FIELD CHAMPIONSHIPS COMPETITION SCHEDULE FAYETTEVILLE, ARKANSAS

FRIDAY, MARCH 13

TIME	TRACK EVENTS	DIVISION	ROUND
5:00 PM	800 Meters	Women	Pentathlon
5:05 PM	Mile	Women	Semifinal
5:20 PM	Mile	Men	Semifinal
5:35 PM	60 Meters	Women	Semifinal
5:45 PM	60 Meters	Men	Semifinal
5:55 PM	400 Meters	Women	Semifinal
6:10 PM	400 Meters	Men	Semifinal
6:25 PM	800 Meters	Women	Semifinal
6:35 PM	800 Meters	Men	Semifinal
6:45 PM	60 Hurdles	Women	Semifinal
6:55 PM	60 Hurdles	Men	Semifinal
7:05 PM	5000 Meters	Women	Final
7:25 PM	5000 Meters	Men	Final
7:45 PM	200 Meters	Women	Semifinal
8:00 PM	200 Meters	Men	Semifinal
8:15 PM	Distance Medley Relay	Women	Final
8:30 PM	Distance Medley Relay	Men	Final

TIME	FIELD EVENTS	DIVISION	ROUND
4:00 PM	Weight Throw	Men	Prelims & Final
4:45 PM	Long Jump	Women	Prelims & Final
4:45 PM	Pole Vault	Men	Final
7:00 PM	Long Jump	Men	Prelims & Final
7:30 PM	Weight Throw	Women	Prelims & Final

TIME	HEPTATHLON EVENTS	DIVISION	ROUND
11:00 AM	60 Meters	Men	Heptathlon
11:40 AM	Long Jump	Men	Heptathlon
12:50 PM	Shot Put	Men	Heptathlon
2:00 PM	High Jump	Men	Heptathlon

TIME	PENTATHLON EVENTS	DIVISION	ROUND
11:15 AM	60 Hurdles	Women	Pentathlon
12:00 PM	High Jump	Women	Pentathlon
2:10 PM	Shot Put	Women	Pentathlon
3:10 PM	Long Jump	Women	Pentathlon
5:00 PM	800 Meters	Women	Pentathlon

SATURDAY, MARCH 14

TIME	TRACK EVENTS	DIVISION	ROUND
4:00 PM	1000 Meters	Men	Heptathlon
4:10 PM	Mile	Women	Final
4:20 PM	Mile	Men	Final
4:30 PM	60 Meters	Women	Final
4:40 PM	60 Meters	Men	Final
4:50 PM	400 Meters	Women	Final
5:00 PM	400 Meters	Men	Final
5:10 PM	800 Meters	Women	Final
5:20 PM	800 Meters	Men	Final
5:30 PM	200 Meters	Women	Final
5:40 PM	200 Meters	Men	Final
5:50 PM	60 Hurdles	Women	Final
6:00 PM	60 Hurdles	Men	Final
6:10 PM	3000 Meters	Women	Final
6:25 PM	3000 Meters	Men	Final
6:40 PM	4x400 Relay	Women	Final
6:55 PM	4x400 Relay	Men	Final

TIME	FIELD EVENTS	DIVISION	ROUND
1:00 PM	Shot Put	Men	Prelims & Final
1:45 PM	High Jump	Men	Final
1:45 PM	High Jump	Women	Final
2:45 PM	Shot Put	Women	Prelims & Final
2:30 PM	Triple Jump	Women	Prelims & Final
4:00 PM	Pole Vault	Women	Final
5:00 PM	Triple Jump	Men	Prelims & Final

TIME	HEPTATHLON EVENTS	DIVISION	ROUND
11:00 AM	60 Hurdles	Men	Heptathlon
11:50 AM	Pole Vault	Men	Heptathlon
4:00 PM	1000 Meters	Men	Heptathlon

*All times noted are Central Time
Schedule is subject to change*