

Schedule of Events

2026 NCAA Division II Indoor Track and Field Championships

March 13-14, Virginia Beach, VA

Hosted by Norfolk State University and Visit Virginia Beach

Virginia Beach Sports Center

NOTE: All times listed are Eastern time

Friday, March 13, 2026

Prelim events unless noted as finals

Time **Event**

Men's Heptathlon

10:00 a.m. *Heptathlon 60 Meters*
~10:45 a.m. *Heptathlon Long Jump (2 runways)*
~11:45 a.m. *Heptathlon Shot Put (1 circle)*
~1:15 p.m. *Heptathlon High Jump (2 pits)*

Open Events

1:55 p.m. **National Anthem**
2:00 p.m. Men's Weight Throw (*Final*)
2:05 p.m. Women's Long Jump (*Final*)
2:45 p.m. Men's 60 Meter Hurdles
3:00 p.m. Women's 60 Meter Hurdles
3:15 p.m. Men's 60 Meters
3:20 p.m. Men's Pole Vault (*Final*)
3:30 p.m. Women's 60 Meters
3:50 p.m. Men's Mile
4:05 p.m. Women's Mile
4:20 p.m. Men's 400 Meters
4:35 p.m. Women's High Jump (*Final*)
4:45 p.m. Women's 400 Meters
5:05 p.m. Men's 800 Meters
5:05 p.m. Women's Weight Throw (*Final*)
5:10 p.m. Men's Long Jump (*Final*)
5:25 p.m. Women's 800 Meters
5:40 p.m. Men's 200 Meters
6:00 p.m. Women's 200 Meters
6:20 p.m. Men's 5000 Meters
6:40 p.m. Women's 5000 Meters
7:05 p.m. Men's DMR (*Final*)
7:25 p.m. Women's DMR (*Final*)

Saturday, March 14, 2026

All final events

Time **Event**

Women's Pentathlon

10:00 a.m. *Pentathlon 60 Meter Hurdles*
~10:45 a.m. *Pentathlon High Jump (2 pits)*
~1:00 p.m. *Pentathlon Shot Put (1 circle)*
~2:30 p.m. *Pentathlon Long Jump (2 runways)*
~3:30 p.m. *Pentathlon 800 Meters*

Men's Heptathlon

11:00 a.m. *Heptathlon 60 Meter Hurdles*
~11:45 a.m. *Heptathlon Pole Vault (1 pit)*
~3:00 p.m. *Heptathlon 1000 Meters*

Open Events

11:55 a.m. **National Anthem**
12:00 p.m. Men's Triple Jump
2:45 p.m. Men's Shot Put
3:30 p.m. Women's Triple Jump
3:40 p.m. Men's 60 Meter Hurdles
3:55 p.m. Women's 60 Meter Hurdles
4:00 p.m. Women's Pole Vault
4:10 p.m. Men's 60 Meters
4:20 p.m. Women's 60 Meters
4:30 p.m. Men's High Jump
4:40 p.m. Men's Mile
4:50 p.m. Women's Mile
5:00 p.m. Men's 400 Meters
5:10 p.m. Women's 400 Meters
5:15 p.m. Women's Shot Put
5:25 p.m. Men's 800 Meters
5:35 p.m. Women's 800 Meters
5:45 p.m. Men's 200 Meters
5:55 p.m. Women's 200 Meters
6:05 p.m. Men's 3000 Meters
6:25 p.m. Women's 3000 Meters
6:45 p.m. Men's 4x400 Meter Relay
7:00 p.m. Women's 4x400 Meter Relay
Team Awards immediately following individual awards

~ Estimated start times