

Practice Schedule
2026 NCAA Division II Outdoor Track and Field Championships



Tuesday, May 19

Facility Open 10 a.m. to 7 p.m. (all events and oval except those below)
*High Jump Set for multi competition
Hammer 10 a.m. to 2 p.m.
Discus 2 to 7 p.m.
Javelin 2 to 7 p.m.
Men's Steeple 10 a.m. to Noon and 2:30 to 4:30 p.m. *water jump men's height
Women's Steeple 12:15 to 2:15 p.m. and 4:45 to 7 p.m. *water jump women's height

Wednesday, May 20

Facility Open 9 a.m. to 5 p.m. (all events and oval except those below)
*High Jump Set for open competition
Discus 9 a.m. to 1 p.m.
Javelin 9 a.m. to 1 p.m.
Hammer 1 to 5 p.m.
Women's Steeple 9 to 11 a.m. and 1:30 to 3:30 p.m. *water jump women's height
Men's Steeple 11:15 a.m. to 1:15 p.m. and 3:45 to 5 p.m. *water jump men's height
Long Jump 9 a.m. to 1 p.m.
Triple Jump 1 to 5 p.m.

Thursday, May 21

Oval Open: *7:30 a.m. to 10 a.m.

Field Events Open:

Shot Put	7:30 a.m. to 10:30 a.m.	Long/Triple Jump	7:30 a.m. to 9:30 a.m.
Discus	7:30 a.m. to 10:30 a.m.	Pole Vault	7:30 a.m. to 10 a.m.
Javelin	7:30 a.m. to 10:30 a.m.	High Jump	7:30 a.m. to 10 a.m.

Friday, May 22

Oval Open: *7:30 a.m. to 9 a.m.

Field Events Open:

Shot Put	7:30 a.m. to 10 a.m.	Long/Triple Jump	7:30 a.m. to 9 a.m.
Javelin	7:30 a.m. to 10 a.m.	Pole Vault	7:30 a.m. to 9 a.m.
		High Jump	7:30 a.m. to 9 a.m.

Saturday, May 23

Oval Open: 7:30 a.m. to 1:30 p.m.

Field Events Open: 7:30 a.m. to 10 a.m.