

**Schedule of Events**  
**2026 NCAA Division II Men's and Women's Outdoor Track & Field Championships**  
**May 21-23, Emporia, Kansas**  
**Hosted by Emporia State University**

*NOTE: All times listed are local time*

**Thursday, May 21**

*Events are prelims unless noted as finals*

Time	Event
10:30 a.m.	Decathlon 100 Meters
~11:15 a.m.	Decathlon Long Jump
~12:45 p.m.	Decathlon Shot Put (2) circles
~1:45 p.m.	Decathlon High Jump (2) pits
~4 p.m.	Decathlon 400 Meters
11:00 a.m.	Heptathlon 100 Meter Hurdles
~11:45 a.m.	Heptathlon High Jump (2) pits
~2 p.m.	Heptathlon Shot Put (2) circles
~3 p.m.	Heptathlon 200 Meters
12:30 p.m.	Men's Hammer Throw (Finals)
2:30 p.m.	Men's Long Jump (Finals)
3:00 p.m.	Women's Pole Vault (Finals)
3:30 p.m.	Women's Hammer Throw (Finals)
4:30 p.m.	National Anthem
4:50 p.m.	Men's 4x100 Meter Relay
5:00 p.m.	Women's 4x100 Meter Relay
5:10 p.m.	Men's 1500 Meters
5:25 p.m.	Women's 1500 Meters
5:30 p.m.	Women's Long Jump (Finals)
5:40 p.m.	Men's 400 Meters
5:55 p.m.	Women's 400 Meters
6:10 p.m.	Men's 100 Meters
6:25 p.m.	Women's 100 Meters
6:40 p.m.	Men's 3000 Meter Steeplechase
7:10 p.m.	Women's 3000 Meter Steeplechase
7:40 p.m.	Men's 400 Meter Hurdles
7:55 p.m.	Women's 400 Meter Hurdles
8:10 p.m.	Men's 10,000 Meters (Finals)
8:50 p.m.	Women's 10,000 Meters (Finals)

**Friday, May 22**

*Events are prelims unless noted as finals*

Time	Event
9:30 a.m.	Decathlon 110 Meter Hurdles
~10:30 a.m.	Decathlon Discus
~12:15 p.m.	Decathlon Pole Vault
~4 p.m.	Decathlon Javelin Throw
~5:15 p.m.	Decathlon 1500 Meters
10:30 a.m.	Heptathlon Long Jump
~12 p.m.	Heptathlon Javelin Throw
~1:30 p.m.	Heptathlon 800 Meters
1:30 p.m.	Men's Discus Throw (Finals)
3:30 p.m.	Men's High Jump (Finals)
4:30 p.m.	Women's Discus Throw (Finals)
4:45 p.m.	Women's Triple Jump (Finals)
4:35 p.m.	National Anthem
5:30 p.m.	Men's 200 Meters
5:45 p.m.	Women's 200 Meters
6:00 p.m.	Men's 800 Meters
6:15 p.m.	Women's 800 Meters
6:35 p.m.	Men's 110 Meter Hurdles
6:50 p.m.	Women's 100 Meter Hurdles
7:15 p.m.	Men's 3000 Meter Steeplechase (Finals)
7:30 p.m.	Women's 3000 Meter Steeplechase (Finals)
7:50 p.m.	Men's 4x400 Meter Relay
8:10 p.m.	Women's 4x400 Meter Relay

**Saturday, May 23**

*All events are finals*

Time	Event
12:00 p.m.	Men's Javelin Throw
12:30 p.m.	Women's Shot Put
2:00 p.m.	Men's Pole Vault
2:15 p.m.	Men's Triple Jump
3:00 p.m.	Women's Javelin Throw
3:10 p.m.	National Anthem
3:15 p.m.	Women's High Jump
3:30 p.m.	Men's 4x100 Meter Relay
3:40 p.m.	Women's 4x100 Meter Relay
3:45 p.m.	Men's Shot Put
3:55 p.m.	Men's 1500 Meters
4:05 p.m.	Women's 1500 Meters
4:15 p.m.	Men's 110 Meter Hurdles
4:25 p.m.	Women's 100 Meter Hurdles
4:35 p.m.	Men's 400 Meters
4:45 p.m.	Women's 400 Meters
4:55 p.m.	Men's 100 Meters
5:05 p.m.	Women's 100 Meters
5:15 p.m.	Men's 800 Meters
5:25 p.m.	Women's 800 Meters
5:40 p.m.	Men's 400 Meter Hurdles
5:50 p.m.	Women's 400 Meter Hurdles
6:10 p.m.	Men's 200 Meters
6:20 p.m.	Women's 200 Meters
6:30 p.m.	Men's 5000 Meters
6:55 p.m.	Women's 5000 Meters
7:20 p.m.	Men's 4x400 Meter Relay
7:30 p.m.	Women's 4x400 Meter Relay
7:45 p.m.	Team Awards

