2026 BIG TEN OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

May 15-17, 2026

Nebraska Outdoor Track and Field Complex (Lincoln, Neb.)

FRIDAY, MAY 15

TRACK EVENTS

12:00 p.m.	*100 Meters*	*Decathlon*	*Men*
12:30 p.m.	*100m Hurdles*	*Heptathlon*	*Women*
4:55 p.m.	*200 Meters*	*Heptathlon*	*Women*
5:30 p.m.	*400 Meters*	*Decathlon*	*Men*
5:46 p.m.	400m Hurdles	Preliminary	Women
6:05 p.m.	400m Hurdles	Preliminary	Men
6:25 p.m.	200 Meters	Preliminary	Women
6:40 p.m.	200 Meters	Preliminary	Men
7:05 p.m.	1500 Meters	Preliminary	Women
7:35 p.m.	1500 Meters	Preliminary	Men
8:10 p.m.	10,000 Meters	Final	Women
8:50 p.m.	10,000 Meters	Final	Men

FIELD EVENTS

10:00 a.m.	Hammer	Final	Women
1:00 p.m.	Hammer	Final	Men
2:00 p.m.	Pole Vault	Final	Women
4:30 p.m.	Javelin	Final	Women
7:00 p.m.	Javelin	Final	Men

COMBINED EVENTS

12:00 p.m.	*100 Meters*	*Decathlon*	*Men*
12:30 p.m.	*100m Hurdles*	*Heptathlon*	*Women*
12:45 p.m.	*Long Jump*	*Decathlon*	*Men*
1:30 p.m.	*High Jump*	*Heptathlon*	*Women*
2:15 p.m.	*Shot Put*	*Decathlon*	*Men*
3:30 p.m.	*High Jump*	*Decathlon*	*Men*
3:40 p.m.	*Shot Put*	*Heptathlon*	*Women*
4:55 p.m.	*200 Meters*	*Heptathlon*	*Women*
5:30 p.m.	*400 Meters*	*Decathlon*	*Men*

SATURDAY, MAY 16

TRACK EVENTS

9:30 a.m.	*110m Hurdles*	*Decathlon*	*Men*
12:45 p.m.	400 Meters	Preliminary	Women
1:10 p.m.	400 Meters	Preliminary	Men
1:45 p.m.	100 Meters	Preliminary	Women
2:00 p.m.	100 Meters	Preliminary	Men
2:20 p.m.	100m Hurdles	Preliminary	Women
2:40 p.m.	110m Hurdles	Preliminary	Men
2:55 p.m.	*800 Meters*	*Heptathlon*	*Women*
3:00 p.m.	800 Meters	Preliminary	Women
3:30 p.m.	800 Meters	Preliminary	Men
4:00 p.m.	*1500 Meters*	*Decathlon*	*Men*
4:10 p.m.	3000m Steeplechase	Final	Women
4:45 p.m.	3000m Steeplechase	Final	Men

FIELD EVENTS

12:00 p.m.	Long Jump	Final	Women
12:15 p.m.	High Jump	Final	Women
12:15 p.m.	Shot Put	Final	Women
2:00 p.m.	Long Jump	Final	Men
3:00 p.m.	Discus	Final	Men

COMBINED EVENTS

9:30 a.m.	*110m Hurdles*	*Decathlon*	*Men*
10:00 a.m.	*Long Jump*	*Heptathlon*	*Women*
10:20 a.m.	*Discus*	*Decathlon*	*Men*
11:10 a.m.	*Javelin*	*Heptathlon*	*Women*
11:40 a.m.	*Pole Vault*	*Decathlon*	*Men*
2:10 p.m.	*Javelin*	*Decathlon*	*Men*
2:55 p.m.	*800 Meters*	*Heptathlon*	*Women*
4:00 p.m.	*1500 Meters*	*Decathlon*	*Men*

SUNDAY, MAY 17

TRACK EVENTS

12:34 p.m.	4x100m Relay	Final	Women
12:46 p.m.	4x100m Relay	Final	Men
12:58 p.m.	1500 Meters	Final	Women
1:07 p.m.	1500 Meters	Final	Men
1:18 p.m.	100m Hurdles	Final	Women
1:25 p.m.	110m Hurdles	Final	Men
1:32 p.m.	400 Meters	Final	Women
1:38 p.m.	400 Meters	Final	Men
1:45 p.m.	100 Meters	Final	Women
1:52 p.m.	100 Meters	Final	Men
1:58 p.m.	800 Meters	Final	Women
2:04 p.m.	800 Meters	Final	Men
2:12 p.m.	400m Hurdles	Final	Women
2:19 p.m.	400m Hurdles	Final	Men
2:26 p.m.	200 Meters	Final	Women
2:32 p.m.	200 meters	Final	Men
2:38 p.m.	5000 Meters	Final	Women
2:56 p.m.	5000 Meters	Final	Men
3:20 p.m.	4x400m Relay	Final	Women
3:38 p.m.	4x400m Relay	Final	Men

FIELD EVENTS

10:10 a.m.	Triple Jump	Final	Women
10:45 a.m.	High Jump	Final	Men
10:45 a.m.	Discus	Final	Women
11:00 a.m.	Pole Vault	Final	Men
11:30 a.m.	Triple Jump	Final	Men
1:30 p.m.	Shot Put	Final	Men

All times are Central. Decathlon and Heptathlon times are approximate and may be adjusted based on number of entries.

Schedule updated May 16, 2026 at 8 a.m.