

2026 SEC INDOOR TRACK AND FIELD CHAMPIONSHIPS COMPETITION SCHEDULE

UPDATED 02/24/2026

Thursday February 26, 2026	Friday February 27, 2026	Saturday February 28, 2026
<p>RUNNING EVENTS</p> <p>4:45 PM W Pentathlon 800 Meters</p> <p>5:00 PM W 200 Meters Prelims</p> <p>5:35 PM M 200 Meters Prelims</p> <p>6:05 PM W 5,000 Meters Final</p> <p>6:25 PM M 5,000 Meters Final</p> <p>6:50 PM W Distance Medley Relay Final</p> <p>7:20 PM M Distance Medley Relay Final</p> <p>FIELD EVENTS</p> <p>4:00 PM W Pole Vault Final</p> <p>5:00 PM M Long Jump Final</p> <p>5:00 PM W Long Jump Final</p> <p>PENTATHLON</p> <p>11:30 AM W Pentathlon 60 Meter Hurdles</p> <p>*12:30 PM W Pentathlon High Jump (2 pits)</p> <p>*2:15 PM W Pentathlon Shot Put (2 rings)</p> <p>*3:15 PM W Pentathlon Long Jump (2 pits)</p> <p>4:45 PM W Pentathlon 800 Meters</p> <p>HEPTATHLON – DAY 1</p> <p>11:00 AM M Heptathlon 60 Meters</p> <p>*11:40 AM M Heptathlon Long Jump (1 pit)</p> <p>*12:40 PM M Heptathlon Shot Put (1 ring)</p> <p>*1:40 PM M Heptathlon High Jump (1 pit)</p>	<p>RUNNING EVENTS</p> <p>4:00 PM W 1 Mile Prelims</p> <p>4:25 PM M 1 Mile Prelims</p> <p>4:50 PM W 60 Meters Prelims</p> <p>5:10 PM M 60 Meters Prelims</p> <p>5:25 PM W 400 Meters Prelims</p> <p>6:00 PM M 400 Meters Prelims</p> <p>6:33 PM M Heptathlon 1,000 Meters</p> <p>6:40 PM W 800 Meters Prelims</p> <p>6:55 PM M 800 Meters Prelims</p> <p>7:10 PM W 60 Meter Hurdles Prelims</p> <p>7:25 PM M 60 Meter Hurdles Prelims</p> <p>FIELD EVENTS</p> <p>11:00 AM W Weight Throw Final</p> <p>1:30 PM M Weight Throw Final</p> <p>2:00 PM W High Jump Final</p> <p>HEPTATHLON – DAY 2</p> <p>12:30 PM M Heptathlon 60 Meter Hurdles</p> <p>*1:30 PM M Heptathlon Pole Vault (1 pit)</p> <p>6:33 PM M Heptathlon 1,000 Meters</p>	<p>RUNNING EVENTS</p> <p>4:05 PM W 1 Mile Final</p> <p>4:15 PM M 1 Mile Final</p> <p>4:25 PM W 60 Meters Final</p> <p>4:32 PM M 60 Meters Final</p> <p>4:40 PM W 400 Meters Final</p> <p>4:50 PM M 400 Meters Final</p> <p>5:00 PM W 800 Meters Final</p> <p>5:07 PM M 800 Meters Final</p> <p>5:15 PM W 60 Meter Hurdles Final</p> <p>5:22 PM M 60 Meter Hurdles Final</p> <p>5:30 PM W 200 Meters Final</p> <p>5:40 PM M 200 Meters Final</p> <p>5:50 PM W 3,000 Meters -2 Sec Final</p> <p>6:20 PM M 3,000 Meters- 2 Sec Final</p> <p>6:45 PM W 4x400 Meter Relay Final</p> <p>7:05 PM M 4x400 Meter Relay Final</p> <p>FIELD EVENTS</p> <p>2:00 PM M High Jump Final</p> <p>2:00 PM W Shot Put Final</p> <p>3:30 PM M Pole Vault Final</p> <p>4:05 PM W Triple Jump Final</p> <p>4:30 PM M Triple Jump Final</p> <p>4:45 PM M Shot Put Final</p>

* Combined event time is estimated except for the first event and the final event (Hep 1,000M & Pen 800M) which is intended to be run as scheduled.”