



2026 SEC OUTDOOR TRACK & FIELD CHAMPIONSHIPS



Hosted by Auburn University

THURSDAY - MAY 14, 2026

FIELD EVENTS

- 12:00 pm – Women’s Hammer
- 2:15 pm – Men’s Hammer
- 4:45 pm – Women’s Javelin
- 6:45 pm – Men’s Javelin

RUNNING EVENTS

- 5:30 pm – Women’s 800 meters - Prelims
- 5:50 pm – Men’s 800 meters - Prelims
- 6:10 pm – Women’s 200 meters - Prelims
- 6:35 pm – Men’s 200 meters - Prelims
- 7:00 pm – Women’s 400m Hurdles - Prelims
- 7:20 pm – Men’s 400m Hurdles - Prelims
- 7:40 pm – Women’s 10,00 meters
- 8:20 pm – Men’s 10,00 meters

DECATHLON – DAY 1

- 11:30 am – 100 meters
- 12:10 pm – Long Jump *
- 1:10 pm – Shot Put *
- 2:10 pm – High Jump *
- 4:15 pm – 400 meters *

HEPTATHLON – DAY 1

- 12:00 pm – 100m Hurdles
- 12:45 pm – High Jump *
- 2:45 pm – Shot Put *
- 4:00 pm – 200 meters *

FRIDAY - MAY 15, 2026

FIELD EVENTS

- 3:30 pm – Women’s Shot Put
- 4:00 pm – Women’s Long Jump
- 4:30 pm – Women’s High Jump
- 5:00 pm – Men’s Pole Vault
- 5:45 pm -- Men’s Shot Put
- 6:45 pm – Men’s Long Jump

RUNNING EVENTS

- 5:15 pm – Women’s 100m Hurdles - Prelims
- 5:30 pm – Men’s 110m Hurdles - Prelims
- 5:45 pm – Women’s 1500 meters - Prelims
- 6:05 pm -- Men’s 1500 meters - Prelims
- 6:25 pm – Women’s 400 meters - Prelims
- 6:45 pm – Men’s 400 meters - Prelims
- 7:10 pm – Women’s 100 meters - Prelims
- 7:25pm – Men’s 100 meters - Prelims
- 8:00 pm – Women’s 3000m Steeplechase
- 8:30 pm – Men’s 3,000m Steeplechase

DECATHLON – DAY 2

- 11:00 am – 110m Hurdles
- 11:45 am – Discus *
- 12:55 pm – Pole Vault *
- 2:30 pm – Javelin *
- 4:00 pm – 1500 meters*

HEPTATHLON – DAY 2

- 11:45 am – Long Jump *
- 1:00 pm – Javelin *
- 2:45 pm – 800 meters*

SATURDAY - MAY 16, 2026

FIELD EVENTS

- 1:30 pm - Women’s Discus
- 3:00 pm – Women’s Triple Jump
- 4:00 pm – Women’s Pole Vault
- 4:15 pm – Men’s High Jump
- 4:15 pm – Men’s Discus
- 5:00 pm – Men’s Triple Jump

RUNNING EVENTS

- 5:05 pm – Women’s 4 x 100m Relay
- 5:15 pm – Men’s 4 x 100m Relay
- 5:25 pm – Women’s 1500 meters
- 5:35 pm – Men’s 1500 meters
- 5:45 pm – Women’s 100m Hurdles
- 5:55 pm – Men’s 110m Hurdles
- 6:05 pm - Women’s 400 meters
- 6:15 pm – Men’s 400 meters
- 6:25 pm – Women’s 100 meters
- 6:35 pm – Men’s 100 meters
- 6:45 pm – Women’s 800 meters
- 6:55 pm – Men’s 800 meters
- 7:05 pm – Women’s 400m Hurdles
- 7:15 pm – Men’s 400m Hurdles
- 7:25 pm – Women’s 200 meters
- 7:35 pm – Men’s 200 meters
- 7:45 pm – Women’s 5,000 meters
- 8:05 pm – Men’s 5,000 meters
- 8:30 pm – Women’s 4 x 400m Relay
- 8:40 pm – Men’s 4 x 400m Relay

* Combined event time is an estimated time except for the first event of each day.