



2026 MIAC INDOOR CHAMPIONSHIP
February 26-28, 2026
Carleton College – Northfield, MN – Recreation Center

Thursday, February 26, 2026 (Estimated schedule assumes full fields)

12:00 Implement Inspection
 ~2:00 Pentathlon Women ~2:00 55HH, ~2:40 HJ, ~5:00 SP, ~6:15 LJ, ~7:30 800M
 ~2:20 Heptathlon Men ~2:20 55M, ~3:00 LJ, ~4:15 SP, ~5:30 HJ

Friday, February 27, 2026 (Estimated schedule assumes full fields)

10:00 Heptathlon Men 10:00 55HH, ~11:00 PV, ~2:30 1000M

Friday, February 27

2:30 Implement Inspection begins
 3:00 Coaches Meeting
 3:50 National Anthem
 4:00 35 # Weight Men Final
 4:00 High Jump Men Final
 4:00 Triple Jump Women Final – 28' & 32'
 5:00 Pole Vault Women Final
 6:15 20 # Weight Women Final
 6:15 Long Jump Men Final
 4:30 55 M Hurdles Women Prelims
 4:45 55 M Hurdles Men Prelims
 5:00 55 Meters Women Prelims
 5:10 55 Meters Men Prelims
 5:20 Mile Women Final
 5:45 Mile Men Final
 6:05 400 Meters Women Final
 6:15 400 Meters Men Final
 6:25 800 Meters Women Final
 6:40 800 Meters Men Final
 6:55 5000 Meters Women Final
 7:20 5000 Meters Men Final
 7:45 4 x 200 Relay Women Final
 8:00 4 x 200 Relay Men Final
 8:15 Distance Medley Women Final
 8:30 Distance Medley Men Final

Saturday, February 28

10:15 Implement Inspection begins
 11:35 National Anthem
 11:45 Shot Put Men Final
 11:45 High Jump Women Final
 11:45 Triple Jump Men Final – 36' & 41'
 12:30 Pole Vault Men Final
 2:00 Shot Put Women Final
 2:00 Long Jump Women Final
 1:00 55 M Hurdles Women Final
 1:10 55 M Hurdles Men Final
 1:20 55 Meters Women Final
 1:25 55 Meters Men Final
 1:35 600 Meters Women Final
 1:50 600 Meters Men Final
 2:05 1000 Meters Women Final
 2:20 1000 Meters Men Final
 2:35 200 Meters Women Final
 2:55 200 Meters Men Final
 3:15 3000 Meters Women Final
 3:45 3000 Meters Men Final
 4:15 4 x 400 Relay Women Final
 4:30 4 x 400 Relay Men Final