



2026 MIAC Outdoor Track & Field Championships

Hosted by St. Olaf College (Northfield, Minn.)

Schedule of Events

Friday, May 8th				Saturday, May 9th			
1:00	Coaches Meeting			11:30	National Anthem		
1:30	National Anthem						
Field				Field			
2:00	Javelin	Women	Final	12:00	Hammer	Women	Final
2:00	Discus	Men	Final	12:00	Shot Put	Men	Final
2:00	Long Jump	Women	Final	12:00	Triple Jump	Women	Final
3:00	Pole Vault	Men	Final	12:00	High Jump	Men	Final
5:00	Javelin	Men	Final	1:00	Pole Vault	Women	Final
5:00	Discus	Women	Final	3:00	Shot Put	Women	Final
5:00	Long Jump	Men	Final	3:00	Hammer	Men	Final
5:00	High Jump	Women	Final	3:00	Triple Jump	Men	Final
Track				Track			
2:30	1500 Meters	Women	Final	1:30	400 M Relay	Women	Final
2:45	1500 Meters	Men	Final	1:40	400 M Relay	Men	Final
3:05	110 Hurdles	Women	Prelim	1:55	Steeplechase	Women	Final
3:20	100 Hurdles	Men	Prelim	2:20	Steeplechase	Men	Final
3:35	400 Meters	Women	Prelim	2:45	110 Hurdles	Women	Final
3:45	400 Meters	Men	Prelim	2:55	100 Hurdles	Men	Final
4:00	100 Meters	Women	Prelim	3:05	400 Meters	Women	Final
4:10	100 Meters	Men	Prelim	3:10	400 Meters	Men	Final
4:25	800 Meters	Women	Prelim	3:20	100 Meters	Women	Final
4:40	800 Meters	Men	Prelim	3:25	100 Meters	Men	Final
5:05	400 M Hurdles	Women	Prelim	3:35	800 Meters	Women	Final
5:20	400 M Hurdles	Men	Prelim	3:40	800 Meters	Men	Final
5:35	200 Meters	Women	Prelim	3:50	400 M Hurdles	Women	Final
5:45	200 Meters	Men	Prelim	4:00	400 M Hurdles	Men	Final
6:05	3200 M Relay	Women	Final	4:10	200 Meters	Women	Final
6:20	3200 M Relay	Men	Final	4:15	200 Meters	Men	Final
6:35	10,000 Meters	Women	Final	4:20	5000 Meters	Women	Final
7:25	10,000 Meters	Men	Final	4:45	5000 Meters	Men	Final
				5:10	1600 M Relay	Women	Final
				5:25	1600 M Relay	Men	Final
Implement Inspections				Implement Inspections			
11:45-1:15	Table 1 – Men’s/Women’s Javelin			10:00-11:15	Table 1 – Men’s/Women’s Hammer		
11:45-1:15	Table 2 – Men’s/Women’s Discus			10:00-11:15	Table 2 – Men’s Women’s Shot Put		
Women’s Triple Jump Boards = 28’ and 32’				Men’s Triple Jump Boards = 37’ and 41’			