



DI Pre-Nationals Meet
February 13-14, 2026
Virginia Beach Sports Center, 19th Street, VA Beach, VA
Final Schedule
(Posted 2/11 at 4pm)



Friday

8:00am	Facility Opens
10:00am	Women's Pentathlon
10:00am	60mH Pent
10:40am	High Jump Pent
12:45pm	Shot Put Pent
1:35pm	Long Jump Pent
2:30pm	800m Pent
10:15am	Men's Heptathlon
10:15am	60m Hept
10:50am	Long Jump Hept
11:45am	Shot Put Hept
12:15pm	High Jump Hept

2:00pm	Women's 5000M ⁽¹⁾
2:20pm	Men's 5000M ⁽¹⁾
2:40pm	Women's 60M Hurdles Prelim ⁽⁴⁾
2:55pm	Men's 60M Hurdles Prelim ⁽⁴⁾
3:10pm	Women's 60M Prelim ⁽⁶⁾
3:25pm	Men's 60M Prelim ⁽⁷⁾
3:30pm	<i>400m Declaration Deadline at check-in table</i>
3:45pm	Women's 600M ⁽¹⁾
3:50pm	Women's 800M ⁽³⁾
4:05pm	Men's 800M ⁽⁴⁾
4:20pm	Women's 400M (must declare)
4:40pm	Men's 400M (must declare)
5:15pm	Men's 60M Hurdles Final
5:20pm	Women's 60M Hurdle Final
5:25pm	Women's 60M Final
5:30pm	Men's 60M Final
5:35pm	Women's Mile ⁽²⁾
5:45pm	Men's Mile ⁽²⁾

1:30pm	Women's Long Jump
1:30pm	Women's Pole Vault
1:30pm	Men's Weight Throw
3:30pm	Men's Long Jump
3:30pm	Men's Pole Vault
3:30pm	Women's Weight Throw

Saturday

8:30am	Facility Opens
10:00am	Men's Heptathlon
10:00am	60mH Hept
10:45am	Pole Vault Hept
12:15pm	1000m Hept

Track Events

2:00pm	<i>200m Declaration Deadline at check-in table</i>
2:00pm	Women's DMR
2:20pm	Men's DMR
2:45pm	Women's 200m (must declare)
3:15pm	Men's 200m (must declare)
3:50pm	Women's 3000m
4:05pm	Men's 3000m
4:20pm	Women's 4x400m
4:30pm	Men's 4x400

Field Events

1:30pm	Women's High Jump
1:30pm	Men's Triple Jump
1:30pm	Men's Shot Put
3:30pm	Men's High Jump
3:30pm	Women's Triple Jump
3:30pm	Women's Shot Put