



## 2026 CONFERENCE USA INDOOR TRACK & FIELD CHAMPIONSHIPS

Hosted By: Liberty

Liberty Indoor Track Complex

February 27 - 28, 2026

(All times listed are Eastern Standard Time)

### Friday, February 27

#### Combined Events

10:00 AM Pentathlon 60 Hurdles  
Pentathlon High Jump  
Pentathlon Shot Put  
Pentathlon Long Jump  
Pentathlon 800 Meters

10:20 AM Heptathlon 60 Meters  
Heptathlon Long Jump  
Heptathlon Shot Put  
Heptathlon High Jump

#### Field Events

1:00 PM Pole Vault (W)  
3:00 PM 20lb Weight Throw (W)  
Long Jump (W)  
5:00 PM Pole Vault (M)  
5:30 PM Long Jump (M)  
6:00 PM 35lb Weight Throw (M)

#### Track Events

3:00 PM Mile Trial (W)  
3:15 PM Mile Trial (M)  
3:35 PM 60 Hurdles Trial (W)  
3:55 PM 60 Hurdles Trial (M)  
4:15 PM 400 Meters Trial (W)  
4:30 PM 400 Meters Trial (M)  
4:50 PM 60 Meters Trial (W)  
5:10 PM 60 Meters Trial (M)  
5:30 PM 800 Meters Trial (W)  
5:45 PM 800 Meters Trial (M)  
6:00 PM 200 Meters Trial (W)  
6:15 PM 200 Meters Trial (M)  
6:30 PM 5000 Meters Final (W)  
6:55 PM 5000 Meters Final (M)  
7:20 PM DMR Final (W)  
7:40 PM DMR Final (M)

### Saturday, February 28

#### Combined Events

10:30 AM Heptathlon 60 Hurdles  
Heptathlon Pole Vault  
Heptathlon 1000 Meters

#### Field Events

12:00 PM Shot Put (W)  
Triple Jump (M)  
High Jump (W)  
3:00 PM Shot Put (M)  
Triple Jump (W)  
High Jump (M)

#### Track Events

2:00 PM Mile (W)  
2:10 PM Mile (M)  
2:30 PM 60 Hurdles (W)  
2:35 PM 60 Hurdles (M)  
2:45 PM 400 Meters (W)  
2:55 PM 400 Meters (M)  
3:05 PM 60 Meters (W)  
3:10 PM 60 Meters (M)  
3:20 PM 800 Meters (W)  
3:30 PM 800 Meters (M)  
3:40 PM 200 Meters (W)  
3:45 PM 200 Meters (M)  
3:50 PM 3000 Meters (W)  
4:20 PM 3000 Meters (M)  
4:50 PM 4x400m Relay (W)  
5:15 PM 4x400m Relay (M)  
5:40 PM Awards Presentation