



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