

# 2026 SEC INDOOR TRACK AND FIELD CHAMPIONSHIPS COMPETITION SCHEDULE

Hosted by Texas A&M University

Thursday February 26, 2026			Friday February 27, 2026			Saturday February 28, 2026		
<b>RUNNING EVENTS</b>			<b>RUNNING EVENTS</b>			<b>RUNNING EVENTS</b>		
4:45 PM W Pentathlon 800 Meters			4:00 PM W 1 Mile Prelims			4:05 PM W 1 Mile Final		
5:00 PM W 200 Meters Prelims			4:25 PM M 1 Mile Prelims			4:15 PM M 1 Mile Final		
5:30 PM M 200 Meters Prelims			4:50 PM W 60 Meters Prelims			4:25 PM W 60 Meters Final		
6:00 PM W 5,000 Meters Final			5:00 PM M 60 Meters Prelims			4:32 PM M 60 Meters Final		
6:25 PM M 5,000 Meters Final			5:15 PM W 400 Meters Prelims			4:45 PM W 400 Meters Final		
6:50 PM W Distance Medley Relay Final			5:40 PM M 400 Meters Prelims			4:50 PM M 400 Meters Final		
7:20 PM M Distance Medley Relay Final			6:05 PM M Heptathlon 1,000 Meters			5:00 PM W 800 Meters Final		
<b>FIELD EVENTS</b>			6:15 PM W 800 Meters Prelims			5:07 PM M 800 Meters Final		
4:00 PM W Pole Vault Final			6:40 PM M 800 Meters Prelims			5:15 PM W 60 Meter Hurdles Final		
5:00 PM M Long Jump Final			6:55 PM W 60 Meter Hurdles Prelims			5:22 PM M 60 Meter Hurdles Final		
5:00 PM W Long Jump Final			7:05 PM M 60 Meter Hurdles Prelims			5:30 PM W 200 Meters Final		
<b>PENTATHLON</b>			<b>FIELD EVENTS</b>			5:40 PM M 200 Meters Final		
11:30 AM W Pentathlon 60 Meter Hurdles			11:00 AM W Weight Throw Final			5:50 PM W 3,000 Meters - 2 Sec Final		
*12:30 PM W Pentathlon High Jump (2 pits)			1:30 PM M Weight Throw Final			6:20 PM M 3,000 Meters- 2 Sec Final		
*2:15 PM W Pentathlon Shot Put (2 rings)			2:00 PM W High Jump Final			6:45 PM W 4x400 Meter Relay Final		
*3:15 PM W Pentathlon Long Jump (2 pits)						7:05 PM M 4x400 Meter Relay Final		
*4:45 PM W Pentathlon 800 Meters			<b>HEPTATHLON – DAY 1</b>			<b>FIELD EVENTS</b>		
11:00 AM M Heptathlon 60 Meters			<b>HEPTATHLON – DAY 2</b>			2:00 PM M High Jump Final		
*11:40 AM M Heptathlon Long Jump (2 pit)			12:30 PM M Heptathlon 60 Meter Hurdles			2:00 PM W Shot Put Final		
*12:40 PM M Heptathlon Shot Put (2 ring)			*1:30 PM M Heptathlon Pole Vault (1 pit)			3:30 PM M Pole Vault Final		
*1:40 PM M Heptathlon High Jump (2 pit)			*6:05 PM M Heptathlon 1,000 Meters			4:05 PM W Triple Jump Final		
						4:30 PM M Triple Jump Final		
						4:45 PM M Shot Put Final		

\* Combined event time is estimated except for the first event and the final event (Hep 1,000M & Pen 800M) which is intended to be run as scheduled.