

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