

2026 DAL Track & Field Championships

FINAL SCHEDULE - UPDATED 4/29/26

SATURDAY, MAY 2 – Running Events

**All track event check-in deadlines are 15 minutes prior to the published start times.

Check-in DEADLINE	Walk-in	Start	Event
9:45am	9:57am	10:00am	FSG 1600 Meter Run (2 heats, 16 min total)
10:01	10:13	10:16	VG 1600 Meter Run (2 heats, 15 min total)
10:16	10:28	10:31	FSB 1600 Meter Run (2 heats, 15 min total)
10:31	10:43	10:46	VB 1600 Meter Run (2 heats, 14 min total)
10:45	10:57	11:00	FSG 100 Meter Hurdles (2 heats, 8 min total)
10:53	11:05	11:08	VG 100 Meter Hurdles (4 heats, 15 min total)
			<i>FSB 110 Meter Hurdles (FINAL ONLY ON MAY 9)</i>
11:08	11:20	11:23	VB 110 Meter Hurdles (3 heats, 11 min total)
11:19	11:31	11:34	FSG 400 Meter Dash (2 heats, 8 min total)
11:27	11:39	11:42	VG 400 Meter Dash (3 heats, 12 min total)
11:39	11:51	11:54	FSB 400 Meter Dash (2 heats, 8 min total)
11:47	11:59	12:02pm	VB 400 Meter Dash (4 heats, 15 min total)
12:02pm	12:19pm	12:17	FSG 100 Meter Dash (2 heats, 8 min total)
12:10	12:22	12:25	VG 100 Meter Dash (4 heats, 15 min total)
12:25	12:37	12:40	FSB 100 Meter Dash (2 heats, 8 min total)
12:33	12:45	12:48	VB 100 Meter Dash (4 heats, 15 min total)
12:48	1:00	1:03	FSG 800 Meter Run (2 heats, 9 min total)
12:07	1:09	1:12	VG 800 Meter Run (2 heats, 9 min total)
1:06	1:23	1:21	FSB 800 Meter Run (2 heats, 9 min total)
1:15	1:27	1:30	VB 800 Meter Run (2 heats, 9 min total)
1:24	1:36	1:39	FSG 300 Meter Hurdles (2 heats, 8 min total)
1:32	1:44	1:47	VG 300 Meter Hurdles (4 heats, 15 min total)
1:47	1:59	2:02	FSB 300 Meter Hurdles (2 heats, 8 min total)
1:55	2:07	2:10	VB 300 Meter Hurdles (3 heats, 11 min total)
1:59	2:18	2:21	FSG 200 Meter Dash (2 heats, 8 min total)
2:11	2:26	2:29	VG 200 Meter Dash (4 heats, 15 min total)
2:29	2:41	2:44	FSB 200 Meter Dash (2 heats, 8 min total)
2:37	2:54	2:52	VB 200 Meter Dash (4 heats, 15 min total)

SATURDAY, MAY 2 – Field Events

**All field event check-in deadlines are 30 minutes prior to the published start times.

***Implement Weigh-ins for ALL shot and disc competition start at 7:45am and must be completed by 8:30am!

Long Jump:

9:30am VG Finals (3 flights; 3 prelim, 3 final attempts) ****D****

12:30pm FSB Finals (2 flights; 4 attempts) ****B****

High Jump:

9:30am FSG Finals (5 alive)

12:00pm VG Finals (5 alive)

Shot Put: ALL Weigh-ins end at 8:30am

9:30am VB Finals (3 flights; 3 prelim, 3 final attempts)

12:30pm FSB Finals (2 flights; 4 attempts only)

Triple Jump:

9:30am VB Finals (2 flights; 3 prelim, 3 final attempts) ****B****

12:30pm FSG Finals (1 flight; 4 attempts) ****D****

Pole Vault:

9:30am FSB Finals (5 alive)

9:30am VB Finals (5 alive)

Discus: ALL Weigh-ins end at 8:30am

9:30am VG Finals (3 flights; 3 prelim, 3 final attempts)

12:30pm FSG Finals (2 flights; 4 attempts)

****B**** = Jump Runway located on backstretch

9:30am: VB Triple Jump; 12:30pm: FSB Long Jump

****D**** = Jump Runway located on D-zone

9:30am: VG Long Jump; 12:30pm: FSG Triple Jump

FINAL SCHEDULE - UPDATED 4/29/26

SATURDAY, MAY 9 – Running Events

****All track event check-in deadlines are 15 minutes prior to the published start times.**

Check-in DEADLINE	Walk-in	Start	Event
9:15am	9:25am	9:35am	UNIF Boys 4x100 Meter Relay (1 heat, 8 min total)
9:28	9:40	9:43	FSG 4x100 Meter Relay (2 heats, 10 min total)
9:38	9:50	9:53	VG 4x100 Meter Relay (1 heat, 5 min total)
9:43	9:55	9:58	FSB & VB 4x100 Relay (COMBINED 1 heat, 5 min total)
9:48	9:58	10:03	FSB 4x100 Meter Relay (1 heat, 5 min total)
9:53	10:05	10:08	VB 4x100 Meter Relay (1 heat, 5 min total)
9:58	10:08	10:13	UNIF G 100 Meter Dash (1 heat, 3 min total)
10:01	10:11	10:16	UNIF B 100 Meter Dash (1 heat, 5 min total)
10:06	10:18	10:21	FSG 1600 Meter Run (1 heat, 8 min total)
10:14	10:26	10:29	VG 1600 Meter Run (1 heat, 8 min total)
10:22	10:34	10:37	FSB 1600 Meter Run (1 heat, 7 min total)
10:29	10:41	10:44	VB 1600 Meter Run (1 heat, 7 min total)
10:36	10:48	10:51	FSG 100 Meter Hurdles (1 heat, 5 min total)
10:41	10:53	10:56	VG 100 Meter Hurdles (2 heats, 9 min total)
10:50	11:02	11:05	FSB 110 Meter Hurdles (1 heat, 5 min total)
10:55	11:07	11:10	VB 110 Meter Hurdles (2 heats, 9 min total)
11:04	11:16	11:19	FSG 400 Meter Dash (1 heat, 5 min total)
11:09	11:21	11:24	VG 400 Meter Dash (2 heats, 9 min total)
11:18	11:30	11:33	FSB 400 Meter Dash (1 heat, 5 min total)
11:23	11:35	11:38	VB 400 Meter Dash (2 heats, 9 min total)
11:32	11:44	11:47	FSG 100 Meter Dash (1 heat, 4 min total)
11:36	11:48	11:51	VG 100 Meter Dash (2 heats, 8 min total)
11:44	11:56	11:59	FSB 100 Meter Dash (1 heat, 4 min total)
11:48	12:00pm	12:03pm	VB 100 Meter Dash (2 heats, 8 min total)
11:56	12:08	12:11	FSG 800 Meter Run (1 heat, 7 min total)
12:03pm	12:15	12:18	VG 800 Meter Run (1 heat, 6 min total)
12:09	12:21	12:24	FSB 800 Meter Run (1 heat, 6 min total)
12:15	12:27	12:30	VB 800 Meter Run (1 heat, 6 min total)
12:21	12:33	12:36	FSG 300 Meter Hurdles (1 heat, 5 min total)
12:26	12:38	12:41	VG 300 Meter Hurdles (2 heats, 9 min total)
12:35	12:47	12:50	FSB 300 Meter Hurdles (1 heat, 5 min total)
12:40	12:52	12:55	VB 300 Meter Hurdles (2 heats, 9 min total)
12:49	1:01	1:04	FSG 200 Meter Dash (1 heat, 4 min total)
12:53	1:05	1:08	VG 200 Meter Dash (2 heats, 7 min total)
1:00	1:12	1:15	FSB 200 Meter Dash (1 heat, 4 min total)
1:04	1:16	1:19	VB 200 Meter Dash (2 heats, 7 min total)
1:11	1:23	1:26	FSG 3200 Meter Run (1 heat, 18 min total)
1:29	1:41	1:44	VG 3200 Meter Run (1 heat, 18 min total)
1:47	1:59	2:02	FSB 3200 Meter Run (1 heat, 15 min total)
2:02	2:14	2:17	VB 3200 Meter Run (1 heat, 13 min total)
2:15	2:27	2:30	FSG 4x400 Meter Relay (1 heat, 8 min total)
2:23	2:35	2:38	VG 4x400 Meter Relay (1 heat, 8 min total)
2:31	2:43	2:46	FSB 4x400 Meter Relay (1 heat, 8 min total)
2:39	2:51	2:54	VB 4x400 Meter Relay (1 heat, 8 min total)

SATURDAY, MAY 9 – Field Events

****All field event check-in deadlines are 30 minutes prior to the published start times.**

*****Implement Weigh-ins for ALL shot and disc competition start at 7:15am and must be completed by 8:00am!**

Long Jump:

9:00am VB Finals (3 flights; 3 prelim, 3 final attempts) ****B****
 12:00pm UNIF Girls & Boys Finals (Open Pit, 4 attempts) ****B****
 12:30pm FSG Finals (2 flights; 4 attempts only) ****D****

High Jump:

9:30am FSB Finals (5 alive)
 12:00pm VB Finals (5 alive)

Shot Put: ALL Weigh-ins end at 8:00am

9:00am VG Finals (3 flights; 3 prelim, 3 final attempts)
 12:00pm FSG Finals (2 flights; 4 attempts only)
 1:30pm UNIF Girls & Boys Finals (Open Ring, 4 attempts)

Triple Jump:

9:30am VG Finals (3 flights; 3 prelim, 3 final attempts) ****D****
 1:00pm FSB Finals (1 flight; 4 attempts only) ****B****

Pole Vault:

9:30am FSG Finals (5 alive)
 9:30am VG Finals (5 alive)

Discus: ALL Weigh-ins end at 8:00am

9:30am VB Finals (3 flights; 3 prelim, 3 final attempts)
 12:30pm FSB Finals (2 flights; 4 attempts only)

****B** = Jump Runway located on backstretch**

9:00am: VB Long Jump; 12:00pm: Unified G&B Long Jump; 1:00pm: FSB Triple Jump

****D** = Jump Runway located on D-zone**

9:30am: VG Triple Jump; 12:30pm: FSG Long Jump