

EVENT SCHEDULE

(Schedule may be adjusted based on final entries)

AAU JACKIE-JOYNER-KERSEE NATIONAL SHOWCASE

WEDNESDAY, JULY 15, 2026

12:00PM	HEPTATHLON DAY 1	100 M HURDLES, HJ, SP, 200	15-16G – 17-18G
12:30PM	DECATHLON DAY 1	100M, LJ, SP, HJ, 400M	15-16B -17-18B
1:15PM	GIRLS TRIATHLON	HJ, SP, 200	9-10G
1:15PM	BOYS TRIATHLON	HJ, SP, 400	9-10B
2:30PM	1500M RACEWALK		9-12G&B
3:15PM	3000M RACEWALK		13-18G&B
12:00PM	DISCUS	YOUNGEST-OLDEST	11-18G
12:00PM	POLE VAULT	GIRLS	13-18G

THURSDAY, JULY 16, 2026

12:00PM	DECATHLON	110H, DISCUS, PV, JAV, 1500	15-18B
12:00PM	HEPTATHLON	LJ, JAV, 800	15-18G
12:00PM	TURBO JAVELIN	OLDEST-YOUNGEST	12 & YOUNGER G&B
12:30PM	GIRLS PENTATHLON	80H, HJ, SP, LJ, 800	11-12G
12:45PM	BOYS PENTATHLON	80H, LJ, SP, HJ, 1500	11-12B
1:00PM	GIRLS PENTATHLON	100H, HJ, SP, LJ, 800	13-14G
1:30PM	BOYS PENTATHLON	100H, LJ, SP, HJ, 1500	13-14B

FRIDAY, JULY 17

FIELD EVENTS

9:00AM	2000M STEEPLECHASE	WILL BE RUN AT WASH U	15-18G&B
12:00PM	200M DASH PRELIMS		ALL
3:00PM	200M HURDLES		13-14G&B
3:45PM	400M HURDLES		15-18G&B
4:45PM	400M DASH PRELIMS		13-18G&B
6:15PM	3000M RUN		11-18G&B

FIELD EVENTS

12:00PM	TRIPLE JUMP	YOUNGEST-OLDEST (4 ATTEMPTS)	13-18G&B
12:00PM	JAVELIN THROW	YOUNGEST-OLDEST (4 ATTEMPTS)	13-18G&B



SATURDAY, JULY 18

TRACK EVENTS

9:00AM	4X800M RELAY		11-18G&B
9:45AM	200M DASH FINALS		ALL
10:15AM	80M HURDLE PRELIMS	30" - 12M TO 1ST HURDLE - 7.5M SPACING	11-12G&B
	100M HURDLE PRELIMS	30" - 13M TO 1ST HURDLE - 8.5M SPACING	13-14G
	100M HURDLE PRELIMS	33" - 13M TO 1ST HURDLE - 8.5M SPACING	13-14B/15-18G
	110M HURDLE PRELIMS	39" - 13.72M TO 1ST HURDLE - 9.14M SPACING	15-18B
11:15AM	100M DASH PRELIMS		ALL
1:15PM	800M RUN		ALL
3:00PM	4X100M RELAY		ALL

FIELD EVENTS

9:00AM	SHOT PUT	YOUNGEST-OLDEST (4 ATTEMPTS)	ALL
9:00AM	LONG JUMP	YOUNGEST-OLDEST (4 ATTEMPTS)	13-18G&B
9:00AM	HIGH	JUMP OLDEST-YOUNGEST	9-18G&B

SUNDAY, JULY 19

TRACK EVENTS

9:00AM	1500M RUN TIMED FINALS		ALL
11:00AM	400M DASH TIMED FINALS		12 & YOUNGER
	400M DASH FINALS		13-18G&B
12:30PM	80M HURDLE FINALS	30" - 12M TO 1ST HURDLE - 7.5M SPACING	11-12G&B
12:45PM	100M HURDLE FINALS	30" - 13M TO 1ST HURDLE - 8.5M SPACING	13-14G
1:00PM	100M HURDLE FINALS	33" - 13M TO 1ST HURDLE - 8.5M SPACING	13-14B/15-18G
1:15PM	110M HURDLE FINALS	39" - 13.72M TO 1ST HURDLE - 9.14M SPACING	15-18B
1:45PM	100M DASH FINALS		ALL
2:15PM	4X400M RELAY FINALS		9-18G&B

FIELD EVENTS

9:00AM	POLE VAULT	BOYS	13-18B
9:00AM	LONG JUMP	YOUNGEST-OLDEST	12 & YOUNGER G&B
9:00AM	DISCUS	YOUNGEST-OLDEST	11-18 BOYS



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