



OCC Track & Field Championships Meet Schedule (Even Year):

Tuesday - Field Finals and Track Semi-Finals (Tuesday, May 12, 2026)

Thursday - Track Finals (Thursday, May 14, 2026)

Tuesday - Day 1

Field Event Finals - 4:30 PM

Girls: Shot Put, and Long Jump (boys to follow)

Boys: Discus, High Jump and Pole Vault (girls to follow)

Track Event Semi-Finals

7:00 PM - 4 x 800m Relay Final

7:30 PM - 100m Dash

7:45 PM - 100m/110m Hurdles

8:00 PM - 400m Dash

8:20 PM - 300m Hurdles

8:40 PM - 200m Dash

Semi Final Advancement:

-If three heats Top 2 place + next 2 fastest times

-If two heats Top 2 places + next 4 fastest times

*Due to inclement weather, meet management and officials may decide to move ahead of the schedule.

Thursday - Day 2

Track Event Finals

6:00 PM - 100m / 110m Hurdles

6:10 PM - 100m Dash

6:20 PM - 4 x 200m Relay

6:30 PM - 1600m Run

6:50 PM - 4 x 100m Relay

7:00 PM - 400m Dash

7:15 PM - 300m Hurdles

7:30 PM - 800m Run

7:40 PM - 200m Dash

7:50 PM - 3200m Run

8:20 PM - 4 x 400m Relay