

# NEBRASKA TRACK & FIELD

## 2026 NEBRASKA SPRING TUNE-UP

MAY 9<sup>TH</sup>, 2026 | NEBRASKA OUTDOOR TRACK | LINCOLN, NE

### PRELIMINARY SCHEDULE OF EVENTS

#### Friday, May 9<sup>th</sup>

##### Field Events

Time	Event	Gender	Venue
1:30 PM	Javelin	Women	Infield
2:30 PM	Hammer	Men	North
3:30 PM	Long Jump	Men	
3:30 PM	Javelin	Men	Infield
4:00 PM	Long Jump	Women	
4:30 PM	High Jump	Women	
4:30 PM	Pole Vault	Women	
4:30 PM	Hammer	Women	North
5:30 PM	Triple Jump	Men	
5:30 PM	Discus	Women	Infield
6:00 PM	Triple Jump	Women	
6:30 PM	High Jump	Men	
6:30 PM	Shot Put	Women	North
6:30 PM	Shot Put	Men	North
7:00 PM	Pole Vault	Men	
7:00 PM	Discus	Men	Infield

##### Running Events

Time	Event	Gender
1:00 PM	Senior Recognition	
2:45 PM	4 x 100 M. Relay	Women
2:55 PM	4 x 100 M. Relay	Men
3:05 PM	3,000 M. Steeplechase	Women
3:20 PM	3,000 M. Steeplechase	Men
3:35 PM	100 M. Hurdles	Women
3:50 PM	110 M. Hurdles	Men
4:05 PM	400 M. Dash	Women
4:15 PM	400 M. Dash	Men
4:25 PM	100 M. Dash	Women
4:35 PM	100 M. Dash	Men
4:45 PM	400 M. Hurdles	Women
5:00 PM	400 M. Hurdles	Men
5:15 PM	800 M. Run	Women
5:25 PM	800 M. Run	Men
5:35 PM	200 M. Dash	Women
5:55 PM	200 M. Dash	Men
6:15 PM	1,500 M. Run	Women
6:30 PM	1,500 M. Run	Men
6:45 PM	4 x 400 M. Relay	Women
7:00 PM	4 x 400 M. Relay	Men
7:15 PM	5,000 M. Run	Women
7:35 PM	5,000 M. Run	Men

Updated: December 8<sup>th</sup>, 2025

