

# NEBRASKA TRACK & FIELD

## 2026 NEBRASKA SPRING TUNE-UP

MAY 8<sup>TH</sup>, 2026 | NEBRASKA OUTDOOR TRACK | LINCOLN, NE

### PRELIMINARY SCHEDULE OF EVENTS

#### Friday, May 8<sup>th</sup>

Field Events				Running Events		
Time	Event	Gender	Venue	Time	Event	Gender
1:30 PM	Javelin	Women	Infield	1:00 PM	Senior Recognition	
2:30 PM	Hammer	Men	North	2:45 PM	4 x 100 M. Relay	Women
3:30 PM	Long Jump	Men		2:55 PM	4 x 100 M. Relay	Men
3:30 PM	Javelin	Men	Infield	3:05 PM	3,000 M. Steeplechase	Women
4:00 PM	Long Jump	Women		3:20 PM	3,000 M. Steeplechase	Men
4:30 PM	High Jump	Women		3:35 PM	100 M. Hurdles	Women
4:30 PM	Pole Vault	Women		3:50 PM	110 M. Hurdles	Men
4:30 PM	Hammer	Women	North	4:05 PM	400 M. Dash	Women
5:30 PM	Triple Jump	Men		4:15 PM	400 M. Dash	Men
5:30 PM	Discus	Women	Infield	4:25 PM	100 M. Dash	Women
6:00 PM	Triple Jump	Women		4:35 PM	100 M. Dash	Men
6:30 PM	High Jump	Men		4:45 PM	400 M. Hurdles	Women
6:30 PM	Shot Put	Women	North	5:00 PM	400 M. Hurdles	Men
6:30 PM	Shot Put	Men	North	5:15 PM	800 M. Run	Women
7:00 PM	Pole Vault	Men		5:25 PM	800 M. Run	Men
7:00 PM	Discus	Men	Infield	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