

NEBRASKA TRACK & FIELD

2026 NEBRASKA SPRING TUNE-UP

MAY 8TH, 2026 | NEBRASKA OUTDOOR TRACK | LINCOLN, NE

FINAL SCHEDULE OF EVENTS

Friday, May 8th

Field Events				Running Events		
Time	Event	Gender	Venue	Time	Event	Gender
12:30 PM	Javelin	Men	Infield	12:00 PM	Senior Recognition	
12:30 PM	Shot Put	Women	North	1:35 PM	HUSKER CUP 4 X 100 M. RELAY	MIXED
1:30 PM	Javelin	Women	Infield	2:15 PM	4 x 100 M. Relay	Women
1:30 PM	Shot Put	Men	North		4 x 100 M. Relay	Men
2:00 PM	Pole Vault	Women		2:20 PM	1,500 M. Run	Women
2:30 PM	Long Jump	Women		2:35 PM	1,500 M. Run	Men
2:45 PM	Hammer	Men	North		3,000 M. Steeplechase	Women
2:45 PM	Discus	Women	Infield	2:50 PM	3,000 M. Steeplechase	Men
3:00 PM	Long Jump	Men		3:10 PM	100 M. Hurdles	Women
3:00 PM	High Jump	Women			110 M. Hurdles	Men
3:45 PM	Pole Vault	Men		3:15 PM	400 M. Dash	Women
4:00 PM	Hammer	Women	North	3:20 PM	400 M. Dash	Men
4:15 PM	Discus	Men	Infield		100 M. Dash	Women
	Triple Jump	Men		3:25 PM	100 M. Dash	Men
4:00 PM	Triple Jump	Women		3:35 PM	400 M. Hurdles	Women
4:30 PM	High Jump	Men			400 M. Hurdles	Men
				3:45 PM	800 M. Run	Women
				3:50 PM	800 M. Run	Men
				4:00 PM	200 M. Dash	Women
				4:05 PM	200 M. Dash	Men
				4:10 PM	5,000 M. Run	Women
				4:35 PM	5,000 M. Run	Men
				4:50 PM	4 x 400 M. Relay	Women
				4:55 PM	4 x 400 M. Relay	Men

Updated: May 6th, 2026

