



2026 MOUNTAIN WEST OUTDOOR TRACK & FIELD CHAMPIONSHIPS SCHEDULE



Thursday, May 14

9:30 a.m.	Men's Decathlon	
	100m	
	Long Jump	
	Shot Put	
	High Jump	
	400m	
9:50 a.m.	Women's Heptathlon	
	100m Hurdles	
	High Jump	
	Shot Put	
	200m	
11:00 a.m.	Women's Hammer Throw	Final
1:15 p.m.	Men's Hammer Throw	Final
5:30 p.m.	Women's 800m	Prelim
5:30 p.m.	Women's Javelin	Final
5:50 p.m.	Men's 800m	Prelim
6:10 p.m.	Women's 200m	Prelim
6:35 p.m.	Men's 200m	Prelim
6:50 p.m.	Women's 400m Hurdles	Prelim
7:00 p.m.	Men's Javelin	Final
7:05 p.m.	Men's 400m Hurdles	Prelim
8:10 p.m.	Women's 10,000m	Final
8:50 p.m.	Men's 10,000m	Final

Friday, May 15

9:30 a.m.	Men's Decathlon	
	110m Hurdles	
	Discus	
	Pole Vault	
	Javelin	
	1,500m	
10:20 a.m.	Women's Heptathlon	
	Long Jump	
	Javelin	
	800m	
4:00 p.m.	Men's Long Jump	Final
4:30 p.m.	Men's High Jump	Final
5:30 p.m.	Women's 100m Hurdles	Prelim
5:30 p.m.	Women's Shot Put	Final
5:35 p.m.	Women's Pole Vault	Final
5:45 p.m.	Men's 110m Hurdles	Prelim
6:00 p.m.	Women's 1,500m	Prelim
6:30 p.m.	Men's 1,500m	Prelim
6:35 p.m.	Women's Long Jump	Final
6:50 p.m.	Women's 400m	Prelim
7:15 p.m.	Men's 400m	Prelim
7:30 p.m.	Men's Shot Put	Final
7:40 p.m.	Women's 100m	Prelim
8:00 p.m.	Men's 100m	Prelim
8:20 p.m.	Women's 3,000m Steeplechase	Final
8:40 p.m.	Men's 3,000m Steeplechase	Final

Saturday, May 16

1:00 p.m.	Women's Discus	Final
3:00 p.m.	Women's Triple Jump	Final
3:15 p.m.	Men's Discus	Final
3:30 p.m.	Women's High Jump	Final
5:30 p.m.	Men's Pole Vault	Final
5:35 p.m.	Women's 4x100m Relay	Final
5:45 p.m.	Men's 4x100m Relay	Final
5:55 p.m.	Women's 1,500m	Final
6:05 p.m.	Men's 1,500m	Final
6:15 p.m.	Women's 100m Hurdles	Final
6:15 p.m.	Men's Triple Jump	Final
6:25 p.m.	Men's 110m Hurdles	Final
6:35 p.m.	Women's 400m	Final
6:45 p.m.	Men's 400m	Final
6:55 p.m.	Women's 100m	Final
7:05 p.m.	Men's 100m	Final
7:15 p.m.	Women's 800m	Final
7:25 p.m.	Men's 800m	Final
7:35 p.m.	Women's 400m Hurdles	Final
7:45 p.m.	Men's 400m Hurdles	Final
7:55 p.m.	Women's 200m	Final
8:05 p.m.	Men's 200m	Final
8:15 p.m.	Women's 5,000m	Final
8:35 p.m.	Men's 5,000m	Final
9:00 p.m.	Women's 4x400m Relay	Final
9:10 p.m.	Men's 4x400m Relay	Final

Top 3 finishers will be given medals on the awards podium immediately following each event.