

2026 Rod McCravy Memorial T&F Meet

FINAL Schedule of Events

January 9 – 10, 2026

Friday, January 9

Field Events

12:00 pm - High Jump – Women
12:00 pm - High Jump – Men
1:30 pm - Weight Throw – Women
 following Women – Men's Weight Throw
1:30 pm - Long Jump – Women (A) & Men (B)
3:30 pm – Pole Vault – Women (A)

Running Events

Track lowered

60m/60mH warmup allowed on oval straightaway

1:45 pm – Running events check-in opens

3:00 pm - 60 meters – Women – Qualifying
3:25 pm - 60 meters – Men – Qualifying
3:50 pm – 60m Hurdle – Women – Qualifying
4:05 pm – 60m Hurdle – Men – Qualifying
4:20 pm - 60 meters – Women – Semifinals
4:30 pm - 60 meters – Men – Semifinals
4:40 pm - 60m Hurdle – Women – Semifinals
4:50 pm – 60m Hurdle – Men – Semifinals
Track Raised
5:10 pm - 400 meters – Women
5:30 pm - 400 meters – Men
5:45 pm - 600 meters – Women
6:05 pm - 600 meters – Men
6:25 pm – Distance Medley – Women
6:40 pm – Distance Medley – Men
7:00 pm - 200 meters – Women
7:40 pm - 200 meters – Men
8:10 pm - 1,000 meters - Women
8:20 pm – 1,000 meters - Men

Saturday, January 10

Field Events

10:30 am - Shot Put – Women
 following women – Men's Shot Put
12:00 pm – Pole Vault – Men (A)
12:00 pm - Triple Jump – Women (A) Men (B)

Running Events

10:15 am – Running events check-in opens

Track lowered

11:30 pm - 60 meters – Women – Finals
11:35 pm - 60 meters – Men – Finals
11:40 pm - 60m Hurdle – Women – Finals
11:45 pm – 60m Hurdle – Men – Finals

Track Raised

12:00 pm - Mile – Women
12:12 pm - Mile – Men
12:20 pm - 300 meters – Women
1:00 pm - 300 meters – Men
1:35 pm - 800 meters – Women
1:50 pm - 800 meters – Men
2:00 pm - 3,000 meters – Women
2:15 pm - 3,000 meters – Men
2:30 pm - 4x400m Relay – Women
3:00 pm - 4x400m Relay – Men