



OUTDOOR CHAMPIONSHIPS- 2026

Stonehill College

(Updated May 7, 2026)

Friday May 8, 2026

12:00 - Decathlon- 100m

12:00 - Javelin Men, then Women

12:00 - Hammer Throw Women; then Men Estimated men start at 2 finish at 4

12:00 - Pole Vault Women then men

12:45 - Decathlon Long Jump

1:45 - Decathlon SP

2:45 - Decathlon HJ

4:15 - Decathlon 400

4:30 - 5k Women then Men

5:15 - 10k Women then Men

Saturday Field, May 9, 2026

10: 00 - Men's Long Jump (*1 Flight of each*)

Women's Long Jump will follow the men's

10:00 - Women's High Jump

Men's HJ after women's estimate 12:00 warm ups at 11:30

10:00- Men's Shot Put

Women's shot after conclusion of Men's shot and women's discus. Estimate 12:00

11:45 - Triple Jump after conclusion of LJ estimate

11:15 - Women's Discus

12:45 - Men's Discus

Decathalon

10:00- 110HH

10:35 - Discus

11:15 - PV

12:30 - Jav

1:15- 1500



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Saturday, May 9, 2026

Track -

- 10:00- Decathalon 110HH
- 10:15- Women's steeple *(1 heat)*
- 10:30- Men's steeple *(1 heat)*
- 10:45- Women's 4x100m relay *(1 heat)*
- 10:50- Men's 4x100m relay *(2 heats)*
- 11:00- Women's 1500m *(1 Heat)*
- 11:10- Men's 1500m *(2 Heats)*
- 11:25- Women's 100m HH Prelim *(2 heats)*
- 11:30- Men's 110mHH Prelim- *(2 heats)*
- 11:35- Women's 100m Prelim *(2 heats)*
- 11:40- Men's 100m Prelim *(3 heats)*
- 11:45- Women's 400m *(3 heats)*
- 11:50- Men's 400m *(4 heats)*
- 11:55- Women's 800m *(4 heats)*
- 12:10- Men's 800m *(4 heats)*
- 12:25- Woman's 100mHH Final *(1 heat)*
- 12:30- Men's 110mHH Final *(1 heat)*
- 12:35- Women's 100m Final *(1 heat)*
- 12:40- Men's 100m Final *(1 heat)*
- 12:45- Women's 400mIH *(2 heats)*
- 12:50- Men's 400mIH *(3 Heats)*
- 1:05- Women's 200m *(3 heats)*
- 1:10- Men's 200m *(4 heats)*
- 1:15- Decathalon 1500m
- 1:30- Women's 4x800m relay *(1 heat)*
- 1:45- Men's 4x800m Relay *(1 heat)*
- 1:55- Women's 4x400m Relay *(1 heat)*
- 2:00- Men's 4x400m Relay *(1 heat).*