

FINAL Schedule (Updated 6/10/2026)

Packet Pickup Times

Thursday: 10:00am - 9:00pm | Friday: 6:30am - 6:00pm

Saturday: 6:30am - 7:00pm | Sunday: 6:30am - 4:00pm

adidas OUTDOOR NATIONALS

Thursday, June 18th Running Events

Packet Pickup Opens at 10:00am, Facility Opens at 11:00am

1:00pm - Middle School Girls Two Mile Run

1:15pm - Middle School Boys Two Mile Run

1:30pm - Middle School Girls 100m Dash (Prelims - Top 8 Times To Final)

2:05pm - Middle School Boys 100m Dash (Prelims - Top 8 Times To Final)

2:40pm - Freshmen Elite Girls 100m Dash (Prelims - Top 8 Times To Final)

3:00pm - Freshmen Elite Boys 100m Dash (Prelims - Top 8 Times To Final)

3:50pm - National Elite Girls 400m Hurdles

4:30pm - CHAMP Girls 400m Hurdles

4:50pm - National Elite Boys 400m Hurdles

5:35pm - CHAMP Boys 400m Hurdles

5:55pm - CHAMP Girls 2000m Steeplechase

6:10pm - CHAMP Boys 2000m Steeplechase

6:25pm - Middle School Girls 400m Dash

6:55pm - Middle School Boys 400m Dash

7:35pm - Freshman Elite Girls 400m Dash

7:55pm - Freshmen Elite Boys 400m Dash

Meet finished 8:25pm

Thursday, June 18th Field Events

Thursday Discus Ring

1:00pm - Middle School Boys Discus Throw

5:00pm - Middle School Girls Discus Throw

Friday, June 19th Running Events

Facility Opens at 7:00am

8:00am - CHAMP Girls 100mH Heptathlon

8:15am - Middle school Girls 100mH (Prelims - Top 8 Times To Final)

8:30am - Middle School Boys 100mH (Prelims - Top 8 Times To Final)

8:45am - Freshmen Elite Girls 100mH (Timed Final)

8:55am - National Elite Girls 100mH (Prelims - Top 8 Times To Final)

9:35am - CHAMP Girls 100mH (Prelims - Top 8 Times To Final)

9:55am - Freshmen Elite Boys 110mH (Timed Final)

10:05am - National Elite Boys 110mH (Prelims - Top 8 Times To Final)

10:55am - CHAMP Boys 110mH (Prelims - Top 8 Times To Final)

11:15am - National Elite Girls 4x800m Relay

11:45am - National Elite Boys 4x800m Relay

EST 12:00pm - Heptathlon 200m Dash

12:30pm - CHAMP Girls 4x800m Relay

12:45pm - CHAMP Boys 4x800m Relay

1:00pm - National Elite Girls 100m Dash (Prelims - Top 8 Times To Final)

(HOMESTRETCH)

1:10pm - National Elite Boys 100m Dash (Prelims - Top 8 Times To Final) (BACKSTRETCH

DURING NE GIRLS 100's)

2:10pm - CHAMP Girls 100m Dash (Prelims - Top 8 Times To Final)

2:35pm - CHAMP Boys 100m Dash (Prelims - Top 8 Times To Final)

3:20pm - Boys Shuttle Hurdle Relay

4:00pm - Girls Shuttle Hurdle Relay

4:20pm - CHAMP Girls Swedish Medley Relay

4:40pm - CHAMP Boys Swedish Medley Relay

5:05pm - Freshmen Elite Girls 2 Mile Run

5:20pm - Freshmen Elite Boys 2 Mile Run

5:35pm - CHAMP Mixed 4x400m Relay

5:55pm - CHAMP Girls 2 Mile Run

6:10pm - CHAMP Boys 2 Mile Run

6:25pm - National Elite Girls 2 Mile Run

6:45pm - National Elite Boys 2 Mile Run

Friday, June 19th Field Events

Friday Horizontal Runways

8:00am - Freshmen Girls Long Jump (Inner Pit)

8:00am - Freshmen Boys Long Jump (Outer Pit)

1:00pm - Middle School Girls Long Jump (Inner Pit)

2:00pm - Middle School Boys Long Jump (Outer Pit)

5:00pm - CHAMP Girls Long Jump (Inner Pit)

5:00pm - CHAMP Boys Long Jump (Outer Pit)

Friday Shot Put Ring

10:00am - Freshmen Elite Boys Shot Put

11:00am - EST CHAMP Girls Heptathlon Shot Put (Backup Ring)

2:00pm - Middle School Boys Shot Put (Backup Ring)

3:00pm - Freshmen Elite Girls Shot Put

Friday Pole Vault Pits

9:00am - National Elite Girls Pole Vault (Unseeded Flight)

1:00pm - EST National Elite Girls Pole Vault (Seeded Flight)

5:00pm - CHAMP Girls Pole Vault

Friday High Jump Apron

8:50am - CHAMP Girls Heptathlon High Jump (100m side pit)

12:00pm - Middle School Girls High Jump (Clerking side pit)

3:00pm - Middle School Boys High Jump (100m side pit)

Friday Discus/Hammer Ring

8:00am - CHAMP Girls Hammer Throw

10:00am - CHAMP Boys Hammer Throw

12:00pm - National Elite Girls Discus Throw

Friday Multis Schedule

8:00am - Girls Hep. 100m Hurdles

EST. 8:50am - Girls HEP. High Jump

EST. 11:00am - Girls HEP. Shot Put

EST. 12:00pm - Girls HEP. 200m Dash (*After hurdle prelims*)

Saturday, June 20th Running Events

Facility Opens at 7:00am

- 8:00am - CHAMP Boys Decathlon 100m Dash
8:10am - Middle School Girls 4x100m Relay (Final)
8:20am - Middle School Boys 4x100m Relay (Final)
8:30am - National Elite Girls 4x100m Relay (Prelims - Top 8 Times To Final)
9:15am - National Elite Boys 4x100m Relay (Prelims - Top 8 Times To Final)
10:05am - CHAMP Girls 4x100m Relay (Prelims - Top 8 Times To Final)
10:20am - CHAMP Boys 4x100m Relay (Prelims - Top 8 Times To Final)
10:40am - National Elite Girls 400m Dash
11:25am - National Elite Boys 400m Dash
12:55pm - CHAMP Girls 400m Dash
1:10pm - CHAMP Boys 400m Dash
1:30pm - Middle School Girls 100mH (Final) | 1:35pm - Middle School Boys 100mH (Final)
1:40pm - National Elite Girls 100mH (Final) | 1:45pm - CHAMP Girls 100mH (Final)
1:50pm - National Elite Boys 110mH (Final) | 1:55pm - CHAMP Boys 110mH (Final)
EST 2:15pm- CHAMP Girls Heptathlon 800m Run
2:00pm - Middle School Girls 100m Final | 2:05pm - Middle School Boys 100m Final
2:10pm - Freshmen Elite Girls 100m Final | 2:15pm - Freshmen Elite Boys 100m Final
2:20pm - National Elite Girls 100m Final | 2:25pm - National Elite Boys 100m Final
2:30pm - CHAMP Girls 100m Final | 2:35pm - CHAMP Boys 100m Final
2:40pm - Middle School Girls One Mile Run | 3:00pm - Middle School Boys One Mile Run
3:30pm - Freshmen Elite Girls One Mile Run | 3:40pm - Freshmen Elite Boys One Mile Run
EST 3:45pm - CHAMP Boys Decathlon 400m Dash
4:05pm - National Elite Girls One Mile Run | 4:25pm - National Elite Boys One Mile Run
5:30pm - CHAMP Girls One Mile run | 5:40pm - CHAMP Boys One Mile Run
5:50pm - CHAMP Girls 1600m Sprint Medley Relay
6:15pm - CHAMP Boys 1600m Sprint Medley Relay
6:35pm - CHAMP Girls Distance Medley Relay | 6:45pm - CHAMP Boys Distance Medley
6:55pm - CHAMP Girls 4x200m Relay
7:10pm - CHAMP Boys 4x200m Relay
7:30pm - National Elite Girls 4x200m Relay
7:50pm - National Elite Boys 4x200m Relay

Saturday, June 20th Field Events

Saturday Horizontal Runways

8:00am - National Elite Girls Triple Jump (Inner Pit)

8:00am - National Elite Boys Triple Jump (Outer Pit)

EST - 8:40am - CHAMP Boys Decathlon Long Jump (Inner Pit) (REVERSE DIRECTION)

EST - 10:45am - CHAMP Girls Heptathlon Long Jump (Inner Pit) (REVERSE DIRECTION)

6:30pm - CHAMP Girls Triple Jump (Inner Pit)

Saturday High Jump Apron

9:00am - National Elite Girls High Jump (2 Pits)

EST 2:00pm - CHAMP Boys Decathlon High Jump (On Open Pit)

3:00pm - National Elite Boys High Jump (2 Pits)

Saturday Pole Vault Pits

8:00am - Middle School Girls Pole Vault

11:30am - National Elite Boys Pole Vault (Unseeded Flight)

5:00pm - National Elite Boys Pole Vault (Seeded Flight)

Saturday Javelin Runway

9:00am - CHAMP Boys Javelin

EST 1:00pm - CHAMP Girls Heptathlon Javelin

2:00pm - CHAMP Girls Javelin

Saturday Shot Put Ring

8:00am - National Elite Boys Shot Put

(Flight 1/2 on Backup; Flight 3 first on regular ring at 8:00am)

EST 10:30am - CHAMP Boys Decathlon Shot Put (Backup ring)

4:30pm - CHAMP Boys Shot Put

Saturday Discus Ring

9:00am - National Elite Boys Discus Throw

Saturday Multis Schedule

8:00am - Boys DEC. 100m Dash

EST 8:40am - Boys DEC. Long Jump

EST 10:45am - Girls HEP. Long Jump

EST 10:30am - Boys DEC. Shot Put

EST 1:00pm - Girls HEP. Javelin Throw

EST 2:00pm - Boys DEC. High Jump

EST 2:15pm - Girls HEP 800m Run

EST 3:45pm - Boys DEC. 400m Dash

Sunday, June 21st Running Events

Facility Opens at 7:00am

- 8:00am - CHAMP Boys 110mH Decathlon
- 8:20am - National Elite Girls 800 SMR
- 8:35am - National Elite Boys 800 SMR
- 9:05am - CHAMP Girls 800m SMR
- 9:15am - CHAMP Boys 800m SMR
- 9:30am - Middle School Girls 200m Dash (FINAL)
- 10:00am - Middle School Boys 200m Dash (FINAL)
- 10:35am - Freshmen Elite Girls 200m Dash (FINAL)
- 11:05am - Freshmen Elite Boys 200m Dash (FINAL)
- 11:30am - National Elite Girls 200m Dash (Prelims - Top 8 Times To Final)
- 12:20pm - National Elite Boys 200m Dash (Prelims - Top 8 Times To Final)
- 1:45pm - CHAMP Girls 200m Dash (Prelims - Top 8 Times To Final)
- 2:00pm - CHAMP Boys 200m Dash (Prelims - Top 8 Times To Final)
- 2:20pm — *Recognition Ceremony* —
- 2:25pm - National Elite Girls 4x100m Relay (Final)
- 2:30pm - National Elite Boys 4x100m Relay (Final)
- 2:35pm - CHAMP Girls 4x100m Relay (Final)
- 2:40pm - CHAMP Boys 4x100m Relay (Final)
- EST: Champ Boys Decathlon 1500m Run*
- 2:45pm - Middle School Girls 800m Run
- 3:00pm - Middle School Boys 800m Run
- 3:15pm - Freshmen Elite Girls 800m Run
- 3:25pm - Freshmen Elite Boys 800m Run
- 3:40pm - National Elite Girls 800m Run
- 4:00pm - National Elite Boys 800m Run
- 4:35pm - CHAMP Girls 800m Run
- 4:45pm - CHAMP Boy 800m Run
- 5:00pm - National Elite Girls 200m Dash (Final)
- 5:05pm - National Elite Boys 200m Dash (Final)
- 5:10pm - CHAMP Girls 200m Dash (Final)
- 5:15pm - CHAMP Boys 200m Dash (Final)
- 5:20pm - National Elite Girls 4x400m Relay
- 5:50pm - National Elite Boys 4x400m Relay
- 6:40pm - CHAMP Girls 4x400m Relay
- 6:50pm - CHAMP Boys 4x400m Relay

Sunday, June 21st Field Events

Sunday Horizontal Runways

8:30am - National Elite Girls Long Jump (Inner Pit)

8:30am - National Elite Boys Long Jump (Outer Pit)

3:00pm - CHAMP Boys Triple Jump (Outer Pit)

Sunday High Jump Apron

9:00am - CHAMP Girls High Jump

1:00pm - CHAMP Boys High Jump

Sunday Pole Vault Pits

10:00am - CHAMP Boys Decathlon Pole Vault (Backup Pit)

11:00am - CHAMP Boys Pole Vault (Main Pit)

1:00pm - Middle School Boys Pole Vault (Backup Pit)

Sunday Shot Put Ring

8:30am - Middle School Girls Shot Put (Back up ring)

10:30am - CHAMP Girls Shot Put

12:00pm - National Elite Girls Shot Put (Flights 1&2 on back up ring)

Sunday Discus Ring

EST 8:40am - CHAMP Boys Decathlon Discus

11:00am - CHAMP Boys Discus Throw

1:30pm - CHAMP Girls Discus Throw

Sunday Javelin Runway

EST 12:00pm - CHAMP Boys Decathlon Javelin Throw

Sunday Multis Schedule

8:00am - Boys DEC. 110mH Hurdles

EST. 8:40am - Boys DEC. Discus Throw

EST 10:00am - Boys DEC. Pole Vault

EST 12:00pm - Boys DEC. Javelin

EST. 2:00pm - Boys DEC. 1500m Run