

**2026 Rod McCravy Memorial T&F Meet**  
*(REVISED Time Schedule of Events – Subject to change)*  
**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 – Men  
*following men – Women’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  
3:20 pm - 60 meters – Men – Qualifying  
3:40 pm – 60m Hurdle – Women – Qualifying  
3:55 pm – 60m Hurdle – Men – Qualifying  
4:05 pm - 60 meters – Women – Final  
4:10 pm - 60 meters – Men – Final  
4:20 pm - 60m Hurdle – Women – Final  
4:30 pm – 60m Hurdle – Men – Final

**Track Raised**

4:50 pm - 400 meters – Women  
5:15 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  
7:10 pm - 200 meters – Women  
7:40 pm - 200 meters – Men  
8:10 pm - 1,000 meters - Women  
8:25 pm –1,000 meters - Men

**Saturday, January 10**

**Field Events**

11:00 am – Pole Vault – Men (A)  
11:00 am - Shot Put – Women  
*following women – Men’s Shot Put*  
11:00 am - Triple Jump–Women (A) Men (B)

**Running Events**

**Track Raised**

11:45 am – Running events check-in opens  
12:00 pm - Mile – Women  
12:20 pm - Mile – Men  
12:40 pm - 300 meters – Women  
12:55 pm - 300 meters – Men  
1:10 pm - 800 meters – Women  
1:25 pm - 800 meters – Men  
1:40 pm - 3,000 meters – Women  
2:10 pm - 3,000 meters– Men  
2:40 pm - 4x400m Relay – Women  
3:00 pm - 4x400m Relay – Men