

2026 Southeast Showdown Schedule

Track schedule could run ahead as much as 30 minutes

Time	Event	Total Heats	Men	Women	Estimated Time to Complete	Notes
			Total Entrants	Total Entrants		
8AM	4x200 Relay	2	5	5		15 Track Raised
8:15AM	60H Prelims	7	20	28		20 Track Lowered
8:35AM	60 Prelims	21	108	50		30
9:05AM	800	20	131	97		80 Track Raised
10:25AM	200 Prelims	34	124	77		80
11:45AM	2 Miles	5	52	35		75
1:00PM	400 Middle	6	17	15		15
1:15PM	400	34	124	77		70
2:35PM	60H Finals	2	8	8		10 Track Lowered
2:45PM	60 Finals Middle	4	9	12		5
2:50PM	60 Finals	2	8	8		5
2:55PM	1 Mile Middle	2	16	13		15 Track Raised
3:10PM	1 Mile	17	168	94		140
5:30PM	200 Finals	4	8	8		10
5:40PM	DMR	2	11	9		30
6:10PM	4x400	4	11	7		20
6:30PM	End Time					

Time	Event	Total Heats	Total Entrants	Total Entrants	
8:30AM	Long Jump Middle	1	5	5	Compete in one flight
9:15AM	High Jump	1 Each	21	17	
9:15AM	Pole Vault Girls	1		6	
9:30AM	Shot Put Middle	1	0	1	Compete in High School Girls Flight
9:30AM	Shot Put Girls	2		22	
9:30AM	Long Jump Girls	2		32	
11:45AM	Shot Put Boys	2	23		
11:45AM	Long Jump Boys	2	32		
11:45AM	Pole Vault Boys	1	14		
1:15PM	Triple Jump Girls	1		13	
1:15PM	Weight Throw Girls	1		11	
2:30PM	Triple Jump Boys	2	20		
2:30PM	Weight Throw Boys	1	7		