

2026 NC STATE RALEIGH RELAYS SCHEDULE - FINAL

THURSDAY, MARCH 26th				
TIME	EVENT	SECTION	CLASSIFICATION	STANDARD
4:05 PM	1500m	18 Sections - ~ 1 race every 4 min	Men	Seeded
5:30 PM	3000m Steeplechase	Section 1	Men	Seeded
5:41 PM	3000m Steeplechase	Section 2	Men	Seeded
5:52 PM	3000m Steeplechase	Section 3	Men	Seeded
6:03 PM	3000m Steeplechase	Section 4	Men	Seeded
6:14 PM	3000m Steeplechase	Section 5	Men	Seeded
6:33 PM	5000m	Section 1	Men	Seeded
6:49 PM	5000m	Section 2	Men	Seeded
7:05 PM	5000m	Section 3	Men	Seeded
7:21 PM	5000m	Section 4	Men	Seeded
7:37 PM	5000m	Section 5	Men	Seeded
7:53 PM	5000m	Section 6	Men	Seeded
8:09 PM	5000m	Section 7	Men	Seeded
8:25 PM	5000m	Section 8	Men	Seeded
8:41 PM	5000m	Section 9	Men	Seeded
8:57 PM	5000m	Section 10	Men	Seeded
9:25 PM	10,000m	Section 1	Men	Seeded
10:00 PM	10,000m	Section 2	Men	Seeded
10:35 PM	10,000m	Section 3	Men	Seeded
TIME	EVENT	SECTION	CLASSIFICATION	
9:30 AM	Shot Put	Final	Women	
9:45 AM	Javelin	Final	Men	
12:45 PM	Shot Put	Final	Men	
12:45 PM	Javelin	Final	Women	
Implement Inspection				
7:30 AM	Javelin	Men		
7:30 AM	Shot Put	Women		
9:30 AM	Javelin	Women		
9:30 AM	Shot Put	Men		

FRIDAY, MARCH 27th				
TIME	EVENT	SECTION	CLASSIFICATION	STANDARD
10:45 AM	100mH	Timed Sections	Women	Final
11:30 AM	110mH	Timed Sections	Men	Final
12:00 PM	100m	Timed Sections	Women	Final
12:45 PM	100m	Timed Sections	Men	Final
1:30 PM	400m	Timed Sections	Women	Final
2:25 PM	400m	Timed Sections	Men	Final
3:30 PM	1500m	17 Sections - ~ 1 race every 5 min	Women	Seeded
5:03 PM	3000m Steeplechase	Section 1	Women	Seeded
5:16 PM	3000m Steeplechase	Section 2	Women	Seeded
5:29 PM	3000m Steeplechase	Section 3	Women	Seeded
5:42 PM	3000m Steeplechase	Section 4	Women	Seeded
5:54 PM	3000m Steeplechase	Section 5	Women	Seeded
6:12 PM	5000m	Section 1	Women	Seeded
6:32 PM	5000m	Section 2	Women	Seeded
6:52 PM	5000m	Section 3	Women	Seeded
7:11 PM	5000m	Section 4	Women	Seeded
7:30 PM	5000m	Section 5	Women	Seeded
7:49 PM	5000m	Section 6	Women	Seeded
8:07 PM	5000m	Section 7	Women	Seeded
8:25 PM	5000m	Section 8	Women	Seeded
8:43 PM	5000m	Section 9	Women	Seeded
9:01 PM	5000m	Section 10	Women	Seeded
9:28 PM	10,000m	Invitational	Women	Seeded
10:05 PM	10,000m	Section 1	Women	Seeded
10:43 PM	10,000m	Section 2	Women	Seeded
TIME	EVENT	SECTION	CLASSIFICATION	
10:00 AM	Discus	Final	Women	
10:00 AM	Triple Jump	Final (1 pit)	Women	
10:30 AM	Pole Vault	Final - Invitational to Follow	Men	
10:30 AM	High Jump	Final (2 pits)	Men	
1:30 PM	High Jump	Final (2 pits)	Women	
1:30 PM	Triple Jump	Final (1 pit)	Men	
2:00 PM	Discus	Final	Men	
Implement Inspection				
7:30 AM	Discus	Women		
9:30 AM	Discus	Men		
12:00 PM	Hammer (impounded)	Women		
12:00 PM	Hammer (impounded)	Men		

SATURDAY, MARCH 28th				
TIME	EVENT	SECTION	CLASSIFICATION	STANDARD
11:15 AM	4x100m	Timed Sections	Women	Final
11:40 AM	4x100m	Timed Sections	Men	Final
12:00 PM	800m	Timed Sections	Women	Final
1:10 PM	400mH	Timed Sections	Women	Final
1:40 PM	400mH	Timed Sections	Men	Final
2:10 PM	200m	Timed Sections	Women	Final
3:05 PM	200m	Timed Sections	Men	Final
3:45 PM	800m	Timed Sections	Men	Final
4:55 PM	4x400m	Timed Sections	Women	Final
5:30 PM	4x400m	Timed Sections	Men	Final
TIME	EVENT	SECTION	CLASSIFICATION	
9:30 AM	Hammer	Final	Men	
10:00 AM	Pole Vault	Final - Invitational to Follow	Women	
10:00 AM	Long Jump	Final (2 pits)	Women	
1:30 PM	Hammer	Final	Women	
2:00 PM	Long Jump	Final (2 pits)	Men	

