

2026 Summer Games Athletics Schedule

Saturday

Time	Gender	Track Events
9:00 AM	both	1500M - both genders
9:30 AM	men	50M
10:15 AM	men	400M
10:30 AM	both	25M
10:45 AM		Festival, HA, lunch
12:30 PM	men	200M
1:00 PM	men	800M
1:30 PM	men	100M
2:45 PM	women	4x100 relays - women

Time	Gender	Field Events
9:00 AM	women	softball throw
9:30 AM	women	shot put
10:30 AM		Festival, HA, lunch
12:30 PM	women	long jump
1:10 PM	women	standing long jump

Sunday

Time	Gender	Track Events
9:50 AM	both	50M walk
10:00 AM	women	50M
10:25 AM	both	400M walk
10:40 AM	women	400M
10:50 AM	both	25M assisted walk
11:15 AM		lunch
12:15 PM	women	200M
12:25 PM	both	800M walk
12:40 PM	women	800M
12:55 PM	both	10M assisted walk
1:05 PM	both	100M walk
1:15 PM	women	100M
2:00 PM	men	4x100 relays - men

Time	Gender	Field Events
9:00 AM	men	softball throw
10:00 AM	men	softball throw
11:00 AM	men	shot put
12:00 PM		lunch
1:00 PM	men	long jump
2:00 PM	men	standing long jump