



Loper Twilight **Saturday, May 9, 2026**

Field Events – Throws

The start times for the shot put are estimates based on current field sizes.

2:00 pm	Discus – Invite Women → Open Women → Invite Men → Open Men
2:00 pm	Hammer – Invite Men → Open Men → Invite Women → Open Women
3:00 pm	Javelin – Invite Men → Open Men → Invite Women → Open Women
~6:00 pm	Shot Put – Invite Men → Open Men (following men's disc)
~6:30 pm	Shot Put – Invite Women → Open Women (following women's hammer)

Field Events - Jumps

Triple Jump will begin at 6:00 PM, not immediately after the long jump.

3:00 pm	Long Jump – Men followed by women
3:00 pm	Pole Vault – Women followed by Men
4:00 pm	High Jump – Women followed by Men
6:00 pm	Triple Jump – Men followed by women

Track Events – Fast to slow heats

5:00 pm	4 x 100 Meter Relay
5:20 pm	100/110 Meter Hurdles
5:40 pm	400 Meter Dash
6:00 pm	100 Meter Dash
6:20 pm	400 Meter Hurdles
6:40 pm	200 Meter Dash
7:00 pm	800 Meter Run
7:20 pm	3000 Meter Steeplechase
7:50 pm	1500 Meter Run
8:45 pm	5000 Meter Run
9:00 pm	4x400 Meter Relay

**Hosted by the
University of Nebraska at Kearney**