

**WILMINGTON COLLEGE
Bill Kincaid Track & Field
INVITATIONAL
Saturday, APRIL 25, 2026**

FIELD EVENTS 10:30am

Javelin w, then m

Discus m, then w

10:45am

3000m steeplechase m

11:00am

Long Jump w, then m

Pole Vault m, then w

High Jump m, then w

Follows conclusion of DT, JT, and LJ

Hammer m, then w

Shot Put w, then m

Triple Jump w, then m

RUNNING EVENTS

1:00pm (We will send out an estimated time schedule after final entries)

1:00pm 4x100 Relay w

1:05pm 4x100 Relay m

1:10pm 1500 Meters w

1:20pm 1500 Meters m

1:35pm 100 Hurdles w

1:40pm 110 Hurdles m

1:50pm 400 Meters w

1:55pm 400 Meters m

2:05pm 100 Meters w (All athletes who will compete in 200-please declare!)

2:10pm 100 Meters m

2:20pm 800 Meters w

2:25pm 800 Meters m

2:40pm 400 Hurdles w

2:50pm 400 Hurdles m

3:00pm 200 Meters w

3:10pm 200 Meters m

3:25pm 3000 Meters m

3:40pm 3000 Meters w

4:00pm 4x400 Relay w

4:05pm 4x400 Relay m