



2026 SLIAC Indoor T&F Championships

Friday, February 27 & Saturday, February 28

Where: Principia College, Crafton Athletic Center, Elsah, IL (200-Meter Mondo Track)

Entries: Entry marks must be obtained from the current indoor season.
Entries are due no later than Wednesday, February 25th at 5:00 pm. – [Direct Athletics](#)
Final scratches can be made by Thursday, February 26th at 12:00 Noon. – [Direct Athletics](#)

SLIAC Entry Rules:

1. Coaches may enter an unlimited number of athletes.
2. Entry marks must be obtained from the current indoor season.
3. An athlete whose mark/time is determined to be fraudulent will be disqualified from the event in which the illegal mark/time was entered.

Heat/Flight Sheets: [Friday](#) [Saturday](#)

Entry Fees: No Entry Fee.

Field Events: The horizontal jumps and throws will be contested as 3 attempts with 9 going to finals.

Running Events: All running events will be run as timed finals. Seeding based on verified times.
In the 200 dash, four athletes will be seeded in each heat
In the 400 dash, four athletes will be seeded in each heat

Starting Heights High Jump-Women 1.32/ Men 1.68 [Height Progressions](#)
Pole Vault-Women 2.25/Men 3.15

Scoring: Meet will be scored in accordance with NCAA rules. We will be scoring through 8th place.

Weigh-in: Implement certification will begin one hour before the beginning of field events.

Live Results: [Live Results](#)

Athletic Trainers: Principia will have one Athletic Trainer on site. Please bring specific supplies if needed (e.g. K-tape). Teams are welcome to bring their team athletic trainer.

Meet Questions: Justin Halley – Principia College – 314.337.5392 – justin.halley@principia.edu

Entry Questions: Rich Schilling – TRXC Timing – 314.522.6176 – rich@trxctiming.com



2026 SLIAC Indoor T&F Championships

Friday, February 27 & Saturday, February 28

Time Schedule

Field Events

Times are estimates – LJ, TJ, Shot, Weight – will begin 15 minutes following previous gender.
Pole Vault 45 minutes, High Jump 30 minutes following previous gender.

Friday February 27th

Field Events- **2nd event start times are estimates until entries are confirmed**

4:15 pm	Long Jump	Women	Top 9 to Finals
4:15 pm	Pole Vault	Men	
4:15 pm	Weight Throw	Men	Top 9 to Finals
6:15 pm	Weight Throw	Women	Top 9 to Finals
6:15 pm	Long Jump	Men	Top 9 to Finals
6:45 pm	Pole Vault	Women	

Saturday's Time Schedule



Saturday February 28th

Field Events- 2nd event start times are estimates until entries are confirmed

11:00 am	Shot Put	Men	Top 9 to Finals
11:00 am	Triple Jump	Women	Top 9 to Finals
11:00 am	High Jump	Men	
1:00 pm	Triple Jump	Men	Top 9 to Finals
1:00 pm	Shot Put	Women	Top 9 to Finals
1:00 pm	High Jump	Women	

Running Events (we will not run ahead of schedule; heats will run slow to fast)

12:30 pm	4000 DMR	Women	Final
12:50 pm	4000 DMR	Men	Final
1:10 pm	60 Meter Hurdles	Women	Final
1:18 pm	60 Meter Hurdles	Men	Final
1:25 pm	60 Meter Dash	Women	Final
1:35 pm	60 Meter Dash	Men	Final
1:50 pm	Mile	Women	Final
2:00 pm	Mile	Men	Final
2:20 pm	400m	Women	Final
2:30 pm	400m	Men	Final
2:53 pm	800m	Women	Final
3:05 pm	800m	Men	Final
3:15 pm	200m	Women	Final
3:33 pm	200m	Men	Final
3:57 pm	3,000m	Women	Final
4:17 pm	3,000m	Men	Final
4:35 pm	4 x 400 Meter Relay	Women	Final
4:50 pm	4 x 400 Meter Relay	Men	Final
5:05 pm	Coaches' Meeting at Finish Line		
5:20 pm	Awards at Throws area		