

Indoor National Tentative Schedule

Wednesday 7/8/26

Practice	7:00am - 2:00pm
NSC	Evening Event TBD

Thursday 7/9/26

Long Heats	7:00am - 12:00pm
Long Quarters/Semis	12:00pm - 2:30pm
Break	2:30 pm - 5:00pm
Long Finals	5:00 pm - 8:30pm
Awards	8:30 pm - 10:00pm

Friday 7/10/26

Short Heats	9:00am - 11:00am
Short Quarters/Semis	11:00am - 12:00pm
Break	1:00pm - 4:00pm
Opening Ceremonies	12:00pm - 1:00pm
Short Finals	4:00pm - 6:30 pm
Awards	6:30pm - 8:00pm

Saturday 7/11/26

Relay Practice	8:00am - 9:30am
Middle Heats	9:30am - 12:00pm
Middle Quarters/Semis	12:00pm - 1:30pm
Break	1:30pm - 4:30pm
Middle Finals	4:30pm - 7:00 pm
Awards	7:00pm - 8:30pm

Sunday 7/12/26

2 person relays	7:00am - 1:30pm
4 mixed relays	1:30pm - 4:00pm
3 mixed relays	4:00pm - 7:30pm
Awards	7:30pm - 10:00pm

Monday 7/13/26

3 person relays	7:00am - 11:00am
4 person relays	11:00am - 1:30pm
2 mixed relays	1:30pm - 6:30pm
Awards relays	6:30pm - 9:00pm

Tuesday 7/14/26

Quad practice
Quad division

Wednesday 7/15/26

Quad relays