



# TRACK & FIELD

The PENN STATE NATIONAL || JANUARY 25-26, 2013

## MULTI-EVENTS || FRIDAY-SATURDAY

## SATURDAY || FINAL TIME SCHEDULE

### Women's Pentathlon || Friday

12:00 PM	Pentathlon Women 60 Meter Hurdles
	Pentathlon Women High Jump
	Pentathlon Women Shot Put
	Pentathlon Women Long Jump
	Pentathlon Women 800 Meter Run

### Men's Heptathlon || Friday

12:15 PM	Heptathlon Men 60 Meter Dash
	Heptathlon Men Long Jump
	Heptathlon Men Shot Put
	Heptathlon Men High Jump

### Men's Heptathlon || Saturday

9:30 AM	Heptathlon Men 60 Meter Hurdles
10:15 AM	Heptathlon Men Pole Vault
12:45 PM	Heptathlon Men 1000 Meter Run

## FRIDAY || FINAL TIME SCHEDULE

### Friday Field Events

5:45 PM	Women Weight Throw 20 lb	Finals
5:45 PM	Women Long Jump	Finals
5:45 PM	Men Long Jump	Finals
5:45 PM	Men Pole Vault Inv	Finals
7:45 PM	Men Weight Throw 35 lb	Finals

### Friday Track Events

4:45 PM	Mixed 1 Mile Run NVRC	Finals
5:45 PM	Women Distance Medley	Finals
6:00 PM	Men 5000 Meter Run	Finals
6:20 PM	Women 60 Meter Hurdles	Prelims
6:40 PM	Men 60 Meter Hurdles	Prelims
7:00 PM	Women 60 Meter Dash	Prelims
7:15 PM	Men 60 Meter Dash	Prelims
7:35 PM	Women 5000 Meter Run Inv	Finals
7:55 PM	Women 60 Meter Hurdles	Semis
8:05 PM	Men 60 Meter Hurdles	Semis
8:15 PM	Women 60 Meter Dash	Semis
8:25 PM	Men 60 Meter Dash	Semis
8:35 PM	Men 5000 Meter Run Inv	Finals
8:55 PM	Men 4x200 Meter Relay	Finals
9:00 PM	Women Distance Medley Inv	Finals
9:15 PM	Men Distance Medley Inv	Finals
9:30 PM	Women 60 Meter Hurdles	Finals
9:35 PM	Men 60 Meter Hurdles	Finals
9:40 PM	Women 60 Meter Dash	Finals
9:45 PM	Men 60 Meter Dash	Finals

### Saturday Track Events

10:30 AM	Women 400 Meter Dash	Finals
10:55 AM	Men 400 Meter Dash	Finals
11:15 AM	Women 500 Meter Dash	Finals
11:35 AM	Men 500 Meter Dash	Finals
11:50 AM	Women 800 Meter Run	Finals
12:00 PM	Men 800 Meter Run	Finals
12:15 PM	Women 1000 Meter Run	Finals
12:20 PM	Men 1000 Meter Run	Finals
12:25 PM	Women 1 Mile Run	Finals
12:40 PM	Men 1 Mile Run	Finals
12:55 PM	Women 200 Meter Dash	Finals
1:05 PM	Men 200 Meter Dash	Finals
1:20 PM	Men 600 Meter Run	Finals
1:25 PM	Women 3000 Meter Run	Finals
1:40 PM	Men 3000 Meter Run	Finals

### Saturday Field Events

12:00 PM	Women High Jump	Finals
12:00 PM	Men High Jump	Finals
12:00 PM	Women Shot Put	Finals
3:00 PM	Women Pole Vault Inv	Finals
3:00 PM	Women Pole Vault	Finals
3:00 PM	Women Triple Jump	Finals
3:00 PM	Men Triple Jump	Finals
3:00 PM	Men Shot Put	Finals

### Saturday "Invitational" Track Events

3:00 PM	Women 400 Meter Dash Inv	Finals
3:10 PM	Men 400 Meter Dash Inv	Finals
3:25 PM	Women 500 Meter Dash Inv	Finals
3:30 PM	Men 500 Meter Dash Inv	Finals
3:35 PM	Women 800 Meter Run Inv	Finals
3:40 PM	Men 800 Meter Run Inv	Finals
3:50 PM	Women 1000 Meter Run Inv	Finals
3:55 PM	Men 1000 Meter Run Inv	Finals
4:00 PM	Women 1 Mile Run Inv	Finals
4:10 PM	Men 1 Mile Run Inv	Finals
4:20 PM	Women 200 Meter Dash Inv	Finals
4:30 PM	Men 200 Meter Dash Inv	Finals
4:40 PM	Women 600 Meter Run Inv	Finals
4:45 PM	Men 600 Meter Run Inv	Finals
4:50 PM	Women 3000 Meter Run Inv	Finals
5:05 PM	Men 3000 Meter Run Inv	Finals
5:20 PM	Women 4x800 Meter Relay Inv	Finals
5:35 PM	Men 4x800 Meter Relay Inv	Finals
5:50 PM	Women 4x400 Meter Relay	Finals
6:05 PM	Men 4x400 Meter Relay	Finals
6:20 PM	Women 4x400 Meter Relay JoePa Inv	Finals
6:25 PM	Men 4x400 Meter Relay JoePA Inv	Finals