



# TRACK & FIELD

## THE PSU NATIONAL || TIME SCHEDULE

January 21-22, 2022

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### FRIDAY

#### Women's Pentathlon || Friday

11:45 AM Pentathlon Women 60 Meter Hurdles  
Pentathlon Women High Jump  
Pentathlon Women Shot Put  
Pentathlon Women Long Jump  
Pentathlon Women 800 Meter Run

#### Friday Field Events

4:00 PM Women Weight Throw 20 lb Prelim + Final  
4:00 PM Men Pole Vault (Front Pit) Final  
4:00 PM Women Triple Jump (Front Pit) Prelim + Final  
6:00 PM Men Triple Jump (Front Pit) Prelim + Final  
6:00 PM Men Weight Throw 35 lb Prelim + Final

#### Friday Track Events

4:30 PM Mixed 1 Mile Run NVRC Final  
5:25 PM Women 60 Meter Hurdles Prelim  
5:40 PM Men 60 Meter Hurdles Prelim  
5:55 PM Women 60 Meter Dash Prelim  
6:10 PM Men 60 Meter Dash Prelim  
6:25 PM Women Distance Medley Final  
6:40 PM Men Distance Medley Final  
6:55 PM Men 5000 Meter Run Final  
7:15 PM Women 60 Meter Hurdles Final  
7:20 PM Men 60 Meter Hurdles Final  
7:25 PM Women 60 Meter Dash Final  
7:30 PM Men 60 Meter Dash Final

### SATURDAY

#### Saturday Field Events

12:00 PM Women Pole Vault (Front Pit) Final  
12:00 PM Men High Jump Final  
12:00 PM Men Shot Put Prelim + Final  
12:00 PM Men Long Jump (Front Pit) Prelim + Final  
2:30 PM Women Shot Put Prelim + Final  
2:30 PM Women Long Jump (Front Pit) Prelim + Final  
3:00 PM Women High Jump Final

#### Saturday Track Events

1:45 PM Women 1 Mile Run Final  
2:00 PM Men 1 Mile Run Final  
2:20 PM Women 400 Meter Dash Final  
2:35 PM Men 400 Meter Dash Final  
2:50 PM Women 600 Meter Run Final  
3:00 PM Men 600 Meter Run Final  
3:05 PM Women 800 Meter Run Final  
3:15 PM Men 800 Meter Run Final  
3:25 PM Women 200 Meter Dash Final  
3:45 PM Men 200 Meter Dash Final  
4:00 PM Women 1000 Meter Run Final  
4:05 PM Men 1000 Meter Run Final  
4:15 PM Women 3000 Meter Run Final  
4:30 PM Men 3000 Meter Run Final  
4:45 PM Women 4x400 Meter Relay Final  
5:00 PM Men 4x400 Meter Relay Final