

**|| THE PSU NATIONAL || FINAL TIME SCHEDULE ||**
**MULTI-EVENTS || FRIDAY-SATURDAY**
**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**

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

**FRIDAY || FINAL TIME SCHEDULE**
**Friday Field Events**

4:00 PM	Women Weight Throw 20 lb	Finals
4:00 PM	Women Long Jump (Back Runway)	Finals
4:00 PM	Men Long Jump (Front Runway)	Finals
4:00 PM	Men Pole Vault Inv (Front Pit)	Finals
4:00 PM	Men Pole Vault (Back Pit)	Finals
6:00 PM	Men Weight Throw 35 lb	Finals

**Friday Track Events**

4:00 PM	Mixed 1 Mile Run NVRC	Finals
4:50 PM	Men 1500 Meter Inv	Finals
5:00 PM	Men Unseeded 5000 Meter Run	Finals
5:20 PM	Women Unseeded Distance Medley	Finals
5:35 PM	Men Unseeded Distance Medley	Finals
5:55 PM	Women 60 Meter Hurdles	Prelims
6:10 PM	Men 60 Meter Hurdles	Prelims
6:25 PM	Women 60 Meter Dash	Prelims
6:40 PM	Men 60 Meter Dash	Prelims
6:55 PM	Women Distance Medley Inv	Finals
7:10 PM	Men Distance Medley Inv	Finals
7:25 PM	Women 60 Meter Hurdles	Semis
7:35 PM	Men 60 Meter Hurdles	Semis
7:45 PM	Women 60 Meter Dash	Semis
7:55 PM	Men 60 Meter Dash	Semis
8:05 PM	Women 5000 Meter Run Inv	Finals
8:25 PM	Men 5000 Meter Run Inv	Finals
8:45 PM	Women 60 Meter Hurdles	Finals
8:50 PM	Men 60 Meter Hurdles	Finals
8:55 PM	Women 60 Meter Dash	Finals
9:00 PM	Men 60 Meter Dash	Finals

**SATURDAY || FINAL TIME SCHEDULE**
**Saturday Track Events**

11:00 AM	Women 400 Meter Dash	Finals
11:15 AM	Men 400 Meter Dash	Finals
11:30 AM	Women 500 Meter Dash	Finals
11:45 AM	Men 500 Meter Dash	Finals
12:00 PM	Women 800 Meter Run	Finals
12:10 PM	Men 800 Meter Run	Finals
12:25 PM	Women 1000 Meter Run	Finals
12:35 PM	Men 1000 Meter Run	Finals
12:40 PM	Women 1 Mile Run	Finals
12:50 PM	Men 1 Mile Run	Finals
1:00 PM	Women 200 Meter Dash	Finals
1:15 PM	Men 200 Meter Dash	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 Triple Jump (Front Runway)	Finals
3:00 PM	Men Triple Jump (Back Runway)	Finals
3:00 PM	Men Shot Put	Finals
3:00 PM	Women Pole Vault Inv (Front Pit)	Finals
3:00 PM	Women Pole Vault (Back Pit)	Finals

**Saturday "Invitational" Track Events**

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

