

**Final Schedule**  
**Nittany Lion Opener | Jan 16th**

**Session 1 | Women Competition | Building Opens @ 8:30 AM**

**FIELD**

10:00 AM	Women Weight Throw
10:00 AM	Women Long Jump
10:00 AM	Women Pole Vault
To Follow W WT	Women Shot Put
To Follow W LJ	Women Triple Jump
After PV & 60mf	Women High Jump

**TRACK**

10:35 AM	Women Mile
10:50 AM	Women 400m
11:05 AM	Women 60m Hurdle
11:15 AM	Women 60m
11:25 AM	Women 1000m
11:35 AM	Women 600m
11:45 AM	Women 200m
Noon	Women 3000m
12:30 PM	Women 4x400

**Session 2 | Men Competition | Building Opens @ 1:30pm**

**FIELD**

3:00 PM	Men Weight Throw
3:00 AM	Men Long Jump
3:00 PM	Men Pole Vault
To Follow M WT	Men Shot Put
To Follow M LJ	Men Triple Jump
After PV & 60mf	Men High Jump

**TRACK**

3:20 PM	Men Mile
3:35 PM	Men 400m
3:50 PM	Men 60m Hurdle
4:00 PM	Men 60m
4:10 PM	Men 3000m
4:25 PM	Men 600m
4:35 PM	Men 200m
4:50 PM	Men 1000m
5:15 PM	Men 4x400