



TRACK & FIELD

THE PSU NATIONAL || (UPDATED Jan. 28) 2025 schedule

FRIDAY – Jan 31

Women's Pentathlon

11:15 AM 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

11:00 AM Heptathlon Men 60 Meter Dash
Heptathlon Men Long Jump
Heptathlon Men Shot Put
Heptathlon Men High Jump

Friday Field Events

3:30 PM	Women Weight Throw 20 lb	Prelim + Final
4:00 PM	Men Pole Vault Inv (Front Pit)	Final
4:00 PM	Women Pole Vault (Back Pit)	Final
6:00 PM	Women Long Jump (Front Pit)	Prelim + Final
6:00 PM	Men Long Jump (Back Pit)	Prelim + Final
6:15 PM	Men Weight Throw 35 lb	Prelim + Final

Friday Track Events

3:00 PM	Mixed 1 Mile Run NVRC	Final
4:00 PM	Women 60 Meter Hurdles	Prelim
4:15 PM	Men 60 Meter Hurdles	Prelim
4:25 PM	Women 60 Meter Dash	Prelim
4:40 PM	Men 60 Meter Dash	Prelim
5:05 PM	Women's Mile – 6 heats	Final
5:45 PM	Men's Mile – 6 heats	Final
6:20 PM	Women 60 Meter Hurdles	Final
6:25 PM	Men 60 Meter Hurdles	Final
6:30 PM	Women 60 Meter Dash	Final
6:35 PM	Men 60 Meter Dash	Final
6:45 PM	Women's 800 – 7 heats	Final
7:10 PM	Men's 800 – 7 heats	Final
7:35 PM	Women 400 Meter Dash	Final
8:10 PM	Men 400 Meter Dash	Final
8:40 PM	Women's 5000 – Heat 1	Final
8:55 PM	Men's 5000 – Heat 1	Final

SATURDAY – Feb 1

Men's Heptathlon

10:00AM Heptathlon Men 60 Meter Hurdles
~10:45AM Heptathlon Men Pole Vault
~12:30PM Heptathlon Men 1000 Meter Run

Saturday Track Events – unseeded sections

10:15 AM	Women 600 Meter Run	Final
10:30 AM	Men 600 Meter Run	Final
10:45 AM	Women 1000 Meter Run	Final
10:55 AM	Men 1000 Meter Run	Final
11:10 AM	Women 200 Meter Dash	Final
11:50 AM	Men 200 Meter Dash	Final
12:15 PM	Women 3000 Meter Run	Final
12:40 PM	Men 3000 Meter Run	Final
1:00 PM	Banner Recognition & Little Lion Lap to Follow	

Saturday Field Events

11:00 AM	Women High Jump	Final
11:00 AM	Men High Jump	Final
11:00 AM	Men Shot Put	Prelim + Final
1:00 PM	Women High Jump Inv	Final
1:45 PM	Women Triple Jump (Front Pit)	Prelim + Final
1:45 PM	Men Triple Jump (Back Pit)	Prelim + Final
1:45 PM	Women Shot Put	Prelim + Final
2:30 PM	Women Pole Vault Inv (Front Pit)	Final
2:30 PM	Men Pole Vault (Back Pit)	Final

Saturday "Seeded" Track Events

1:45 PM	Women's DMR – 1 Section	Final
2:00 PM	Men's DMR – 1 Section	Final
2:15 PM	Women 500 Meter Dash Inv	Final
2:20 PM	Men 500 Meter Dash Inv	Final
2:30 PM	Women 600 Meter Run Inv	Final
2:45 PM	Men 600 Meter Run Inv	Final
3:00 PM	Women 1000 Meter Run Inv	Final
3:05 PM	Men 1000 Meter Run Inv	Final
3:15 PM	Women 200 Meter Dash Inv	Final
3:25 PM	Men 200 Meter Dash Inv	Final
3:35 PM	Women 3000 Meter Run Inv	Final
3:55 PM	Men 3000 Meter Run Inv	Final
4:20 PM	Women 4x400 Meter Relay	Final
4:40 PM	Men 4x400 Meter Relay	Final
4:55 PM	Women 4x400 Meter Relay Inv	Final
5:00 PM	Men 4x400 Meter Relay Inv	Final