



# TRACK & FIELD

## THE PSU NATIONAL || Final 2023 schedule

### FRIDAY – Jan 27

#### 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

#### Men's Heptathlon || Friday

11:30 AM Heptathlon Men 60 Meter Dash  
 Heptathlon Men Long Jump  
 Heptathlon Men Shot Put  
 Heptathlon Men High Jump

#### Friday Field Events

|         |                                |                |
|---------|--------------------------------|----------------|
| 2:00 PM | Women Weight Throw Inv         | Prelim + Final |
| 3:30 PM | Women Weight Throw             | 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 |
| 6:00 PM | Men Weight Throw               | Prelim + Final |

#### Friday Track Events

|         |                        |              |
|---------|------------------------|--------------|
| 3:00 PM | Mixed 1 Mile Run NVRC  | Final        |
| 4:30 PM | Women 60 Meter Hurdles | Prelim       |
| 4:45 PM | Men 60 Meter Hurdles   | Prelim       |
| 4:55 PM | Women 60 Meter Dash    | Prelim       |
| 5:15 PM | Men 60 Meter Dash      | Prelim       |
| 5:35 PM | Women's Mile           | Final        |
| 5:55 PM | Men's Mile             | Final        |
| 6:30 PM | Women 60 Meter Hurdles | Semi         |
| 6:40 PM | Men 60 Meter Hurdles   | <b>Final</b> |
| 6:45 PM | Women 60 Meter Dash    | Semi         |
| 6:55 PM | Men 60 Meter Dash      | Semi         |
| 7:10 PM | Women's 800            | Final        |
| 7:25 PM | Men's 800              | Final        |
| 7:50 PM | Women 60 Meter Hurdles | Final        |
| 7:55 PM | Women 60 Meter Dash    | Final        |
| 8:00 PM | Men 60 Meter Dash      | Final        |
| 8:10 PM | Women's 5000 Inv       | Final        |
| 8:30 PM | Men's 5000 Inv         | Final        |
| 8:50 PM | Women's 5000           | Final        |

### SATURDAY – Jan 28

#### Men's Heptathlon || Saturday

10:00 AM Heptathlon Men 60 Meter Hurdles  
 ~10:45 AM Heptathlon Men Pole Vault  
 ~1:30 PM Heptathlon Men 1000 Meter Run

#### Saturday Track Events – unseeded sections

|          |                      |       |
|----------|----------------------|-------|
| 10:50 AM | Women 400 Meter Dash | Final |
| 11:10 AM | Men 400 Meter Dash   | Final |
| 11:35 AM | Women 600 Meter Run  | Final |
| 11:45 AM | Men 600 Meter Run    | Final |
| 11:55 AM | Women 200 Meter Dash | Final |
| 12:15 PM | Men 200 Meter Dash   | Final |
| 12:30 PM | Women 3000 Meter Run | Final |
| 12:45 PM | Men 3000 Meter Run   | Final |
| 1:00 PM  | Little Lion Lap      |       |

#### 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 |
| 1:45 PM  | Women Pole Vault Inv (Front Pit) | Final          |
| 1:45 PM  | Men Pole Vault (Back Pit)        | Final          |
| 1:45 PM  | Women Shot Put                   | Prelim + Final |
| 2:30 PM  | Women Triple Jump (Front Pit)    | Prelim + Final |
| 2:30 PM  | Men Triple Jump (Back Pit)       | Prelim + Final |
| 3:30 PM  | Women High Jump Inv              | Final          |

#### Saturday "Seeded" Track Events

|         |                          |       |
|---------|--------------------------|-------|
| 1:45 PM | Women's DMR              | Final |
| 2:00 PM | Men's DMR                | Final |
| 2:15 PM | Women 400 Meter Dash Inv | Final |
| 2:25 PM | Men 400 Meter Dash Inv   | Final |
| 2:35 PM | Women 600 Meter Run Inv  | Final |
| 2:45 PM | Men 600 Meter Run Inv    | Final |
| 2:55 PM | Women 1000 Meter Run Inv | Final |
| 3:00 PM | Men 1000 Meter Run Inv   | Final |
| 3:10 PM | Women 200 Meter Dash Inv | Final |
| 3:20 PM | Men 200 Meter Dash Inv   | Final |
| 3:35 PM | Women 3000 Meter Run Inv | Final |
| 3:45 PM | Men 3000 Meter Run Inv   | Final |
| 4:05 PM | Women 4x400 Meter Relay  | Final |
| 4:25 PM | Men 4x400 Meter Relay    | Final |