

**Penn State National Invitational  
Horace Ashenfelter III Indoor Track  
University Park, PA  
Session Report**

**Women's Pentathlon**

	<b>Event</b>	<b>Round</b>
12:00 PM	#61 Indoor Pentathlon: #1 Women 55 Meter Hurd	Finals
12:35 PM	#61 Indoor Pentathlon: #2 Women High Jump	Finals
3:05 PM	#61 Indoor Pentathlon: #3 Women Shot Put	Finals
4:05 PM	#61 Indoor Pentathlon: #4 Women Long Jump	Finals
5:10 PM	#61 Indoor Pentathlon: #5 Women 800 Meter Ru	Finals

**Men's Heptathlon**

	<b>Event</b>	<b>Round</b>
12:15 PM	#62 Heptathlon: #1 Men 60 Meter Dash	Finals
12:50 PM	#62 Heptathlon: #2 Men Long Jump	Finals
2:10 PM	#62 Heptathlon: #3 Men Shot Put	Finals
3:10 PM	#62 Heptathlon: #4 Men High Jump	Finals

**Running Events**

	<b>Event</b>	<b>Round</b>
4:45 PM	#63 Mixed 1 Mile Run NVTC	Finals
5:45 PM	#34 Men 5000 Meter Run	Finals
6:05 PM	#35 Women 60 Meter Hurdles	Prelims
6:25 PM	#36 Men 60 Meter Hurdles	Prelims
6:45 PM	#1 Women 60 Meter Dash	Prelims
7:05 PM	#2 Men 60 Meter Dash	Prelims
7:25 PM	#31 Women 5000 Meter Run Inv	Finals
7:50 PM	#35 Women 60 Meter Hurdles	Semis
8:00 PM	#36 Men 60 Meter Hurdles	Semis
8:10 PM	#1 Women 60 Meter Dash	Semis
8:20 PM	#2 Men 60 Meter Dash	Semis
8:30 PM	#33 Men 5000 Meter Run Inv	Finals
8:50 PM	#45 Women Distance Medley	Finals
9:20 PM	#46 Men Distance Medley	Finals
9:45 PM	#35 Women 60 Meter Hurdles	Finals
9:50 PM	#36 Men 60 Meter Hurdles	Finals
9:55 PM	#1 Women 60 Meter Dash	Finals
10:00 PM	#2 Men 60 Meter Dash	Finals

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**Field Events**

	<b>Event</b>	<b>Round</b>
5:45 PM	#59 Women Weight Throw 20 lb	Finals
5:45 PM	#53 Women Long Jump	Finals
5:45 PM	#54 Men Long Jump	Finals
5:45 PM	#51 Men Pole Vault Inv	Finals
5:45 PM	#52 Men Pole Vault	Finals
8:15 PM	#60 Men Weight Throw 35 lb	Finals

**Men's Heptathlon**

	<b>Event</b>	<b>Round</b>
9:30 AM	#62 Heptathlon: #5 Men 60 Meter Hurdles	Finals
10:15 AM	#62 Heptathlon: #6 Men Pole Vault	Finals
12:45 PM	#62 Heptathlon: #7 Men 1000 Meter Run	Finals

**Unseeded Running Events**

	<b>Event</b>	<b>Round</b>
10:00 AM	#8 Women 400 Meter Dash	Finals
10:20 AM	#10 Men 400 Meter Dash	Finals
10:40 AM	#12 Women 500 Meter Dash	Finals
11:05 AM	#14 Men 500 Meter Dash	Finals
11:30 AM	#16 Women 800 Meter Run	Finals
11:40 AM	#18 Men 800 Meter Run	Finals
11:55 AM	#20 Women 1000 Meter Run	Finals
12:00 PM	#22 Men 1000 Meter Run	Finals
12:10 PM	#24 Women 1 Mile Run	Finals
12:15 PM	#26 Men 1 Mile Run	Finals
12:25 PM	#4 Women 200 Meter Dash	Finals
12:45 PM	#6 Men 200 Meter Dash	Finals
1:05 PM	#28 Women 3000 Meter Run	Finals
1:20 PM	#30 Men 3000 Meter Run	Finals

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**Field Events**

	<b>Event</b>	<b>Round</b>
11:00 AM	#47 Women High Jump	Finals
11:00 AM	#48 Men High Jump	Finals
11:00 AM	#57 Women Shot Put	Finals
3:00 PM	#50 Women Pole Vault	Finals
3:00 PM	#49 Women Pole Vault Inv	Finals
3:00 PM	#55 Women Triple Jump	Finals
3:00 PM	#56 Men Triple Jump	Finals
3:00 PM	#58 Men Shot Put	Finals

**Running Events**

	<b>Event</b>	<b>Round</b>
2:30 PM	#7 Women 400 Meter Dash Inv	Finals
2:40 PM	#9 Men 400 Meter Dash Inv	Finals
2:55 PM	#11 Women 500 Meter Dash Inv	Finals
3:00 PM	#13 Men 500 Meter Dash Inv	Finals
3:05 PM	#15 Women 800 Meter Run Inv	Finals
3:15 PM	#17 Men 800 Meter Run Inv	Finals
3:25 PM	#19 Women 1000 Meter Run Inv	Finals
3:30 PM	#21 Men 1000 Meter Run Inv	Finals
3:35 PM	#23 Women 1 Mile Run Inv	Finals
3:50 PM	#25 Men 1 Mile Run Inv	Finals
4:05 PM	#3 Women 200 Meter Dash Inv	Finals
4:15 PM	#5 Men 200 Meter Dash Inv	Finals
4:25 PM	#27 Women 3000 Meter Run Inv	Finals
4:40 PM	#29 Men 3000 Meter Run Inv	Finals
4:55 PM	#41 Women 4x800 Meter Relay Inv	Finals
5:05 PM	#43 Men 4x800 Meter Relay Inv	Finals
5:20 PM	#37 Women 4x400 Meter Relay Inv	Finals
5:35 PM	#39 Men 4x400 Meter Relay Inv	Finals
5:50 PM	#38 Women 4x400 Meter Relay	Finals
6:15 PM	#40 Men 4x400 Meter Relay	Finals