

The Penn State National



January 29-30, 2010

FINAL Time Schedule

Friday Schedule

Women's Pentathlon (Combined Event Times Are Approximate)

Event	Round
12:00 PM Indoor Pentathlon: Women 60 Meter Hurdles	Finals
12:35 PM Indoor Pentathlon: Women High Jump	Finals
3:05 PM Indoor Pentathlon: Women Shot Put	Finals
4:05 PM Indoor Pentathlon: Women Long Jump	Finals
5:10 PM Indoor Pentathlon: Women 800 Meter Run	Finals

Men's Heptathlon - Day One (Combined Event Times Are Approximate)

12:15 PM Heptathlon: Men 60 Meter Dash	Finals
12:50 PM Heptathlon: Men Long Jump	Finals
2:10 PM Heptathlon: Men Shot Put	Finals
3:10 PM Heptathlon: Men High Jump	Finals

Field Events

5:45 PM Women Weight Throw 20 lb	Finals
5:45 PM Women Long Jump	Finals
5:45 PM Men Long Jump	Finals
5:45 PM Men Pole Vault Inv	Finals
5:45 PM Men Pole Vault	Finals
8:00 PM Men Weight Throw 35 lb	Finals

Running Events

4:45 PM Mixed 1 Mile Run NVTC	Finals
5:40 PM Ability Athletics 400 Meters	Finals
5:45 PM Men 5000 Meter Run	Finals
6:05 PM Women 60 Meter Hurdles	Prelims
6:20 PM Men 60 Meter Hurdles	Prelims
6:35 PM Women 60 Meter Dash	Prelims
6:50 PM Men 60 Meter Dash	Prelims
7:10 PM Women 5000 Meter Run Inv	Finals
7:35 PM Women 60 Meter Hurdles	Semis
7:45 PM Men 60 Meter Hurdles	Semis
7:55 PM Women 60 Meter Dash	Semis
8:05 PM Men 60 Meter Dash	Semis
8:15 PM Men 5000 Meter Run Inv	Finals
8:35 PM Women Distance Medley	Finals
8:50 PM Men Distance Medley	Finals
9:15 PM Women 60 Meter Hurdles	Finals
9:20 PM Men 60 Meter Hurdles	Finals
9:25 PM Women 60 Meter Dash	Finals
9:30 PM Men 60 Meter Dash	Finals

Saturday Schedule

Men's Heptathlon - Day Two (Combined Event Times Are Approximate)

9:30 AM Heptathlon: Men 60 Meter Hurdles	Finals
10:15 AM Heptathlon: Men Pole Vault	Finals
12:45 PM Heptathlon: Men 1000 Meter Run	Finals

Field Events

11:00 AM Women High Jump	Finals
11:00 AM Men High Jump	Finals
11:00 AM Women Shot Put	Finals
3:00 PM Women Pole Vault	Finals
3:00 PM Women Pole Vault Invitational	Finals
3:00 PM Women Triple Jump	Finals
3:00 PM Men Triple Jump	Finals
3:00 PM Men Shot Put	Finals

Unseeded Running Events

10:00 AM Women 400 Meter Dash	Finals
10:20 AM Men 400 Meter Dash	Finals
10:40 AM Women 500 Meter Dash	Finals
11:00 AM 500 Meter Dash	Finals
11:20 AM Women 800 Meter Run	Finals
11:35 AM Men 800 Meter Run	Finals
11:50 AM Women 1000 Meter Run	Finals
11:55 AM Men 1000 Meter Run	Finals
12:05 PM Women 1 Mile Run	Finals
12:20 PM Men 1 Mile Run	Finals
12:35 PM Women 200 Meter Dash	Finals
12:50 PM Men 200 Meter Dash	Finals
1:05 PM Women 3000 Meter Run	Finals
1:20 PM Men 3000 Meter Run	Finals

Running Events

2:30 PM Women 400 Meter Dash Inv	Finals
2:40 PM Men 400 Meter Dash Inv	Finals
2:50 PM Women 500 Meter Dash Inv	Finals
2:55 PM Men 500 Meter Dash Inv	Finals
3:00 PM Women 800 Meter Run Inv	Finals
3:10 PM Men 800 Meter Run Inv	Finals
3:20 PM Women 1000 Meter Run Inv	Finals
3:25 PM Men 1000 Meter Run Inv	Finals
3:30 PM Women 1 Mile Run Inv	Finals
3:40 PM Men 1 Mile Run Inv	Finals
3:55 PM Women 200 Meter Dash Inv	Finals
4:05 PM Men 200 Meter Dash Inv	Finals
4:15 PM Women 3000 Meter Run Inv	Finals
4:30 PM Men 3000 Meter Run Inv	Finals
4:45 PM Women 4x800 Meter Relay Inv	Finals
5:00 PM Men 4x800 Meter Relay Inv	Finals
5:10 PM Women 4x400 Meter Relay	Finals
5:25 PM Men 4x400 Meter Relay	Finals
5:50 PM Women 4x400 Meter Relay Inv	Finals
5:55 PM Men 4x400 Meter Relay Inv	Finals