

**2020 Pennsylvania State Athletic Conference
Indoor Track and Field Championships Schedule**

Updated 9/24/18

| Day One (Multi-Event Times are Approximate) | |
|--|--------------------------------------|
| 9:00 am | Facility Opens |
| 11:00am | Weight Throw Women (Trials & Finals) |
| 11:00am | Long Jump Men (Trials & Finals) |
| 11:00am | Pentathlon 60m Hurdles Women |
| 11:30pm | Pole Vault Women (Final) |
| 11:45pm | Pentathlon High Jump |
| 12:45pm | Heptathlon 60m Dash Men |
| 1:30pm | Weight Throw Men (Trials & Finals) |
| 1:30pm | Heptathlon Long Jump Men |
| 1:30pm | Distance Medley Relay Men (Final) |
| 2:00pm | Pentathlon Shot Put Women |
| 2:10pm | Distance Medley Relay Women (Final) |
| 2:30pm | Pole Vault Men (Final) |
| 2:45pm | 400m Run Men (Trials) |
| 3:05pm | 400m Run Women (Trials) |
| 3:15pm | Pentathlon Long Jump Women |
| 3:15pm | Heptathlon Shot Put Men |
| 3:25pm | 60m Dash Men (Trials) |
| 3:40pm | 60m Dash Women (Trials) |
| 3:55pm | 60m Hurdles Men (Trials) |
| 4:15pm | Heptathlon High Jump Men |
| 4:15pm | Pentathlon 800m Women |
| 4:20pm | 60m Hurdles Women (Trials) |
| 4:45pm | 5000m Run Men (Final) |
| 5:00 pm | Long Jump Women (Trials & Final) |
| 5:20pm | 5000m Run Women (Final) |
| 5:55pm | 200m Dash Men (Trials) |
| 6:15pm | 200m Dash Women (Trials) |
| 6:35pm | 4x800m Relay Men (Final) |
| 7:00pm | 4x800m Relay Women (Final) |

| Day Two (Multi-Event Times are Approximate) | |
|--|-------------------------------------|
| 9:00am | Facility Opens |
| 11:30am | Heptathlon 60H Men |
| | High Jump Women (Final) |
| 12:00pm | Shot Put Women (Trials & Finals) |
| | Triple Jump Men (Trials & Finals) |
| 12:15pm | Heptathlon Pole Vault Men |
| 12:30pm | Mile Run Men (Final) |
| 12:45pm | Mile Run Women (Final) |
| 1:00pm | 60m Hurdles Men (Final) |
| 1:15pm | 60m Hurdles Women (Final) |
| 1:30pm | 400m Run Men (Final) |
| | High Jump Men (Finals) |
| 1:40pm | 400m Run Women (Final) |
| 1:50pm | 60m Dash Men (Final) |
| 2:00pm | Shot Put Men (Trials & Finals) |
| | Triple Jump Women (Trials & Finals) |
| | 60m Dash Mown (Final) |
| 2:10pm | 800m Run Men (Final) |
| 2:20pm | 800m Run Women (Final) |
| 2:30pm | 200m Dash Men (Final) |
| 2:40pm | 200m Dash Women (Final) |
| 2:50pm | 3000m Run Men (Final) |
| 3:10pm | 3000m Run Women (Final) |
| 3:35pm | Heptathlon 1000m Men |
| 3:40pm | 4x400m Relay Men (Final) |
| 3:50pm | 4x400m Relay Women (Final) |
| 4:15pm | Awards Ceremony |
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