

**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