

2026 PNC Lenny Lyles Invitational

Final Meet Schedule

Friday January 30, 2026

Track Events					Horizontal Jumps				Vertical Jump				Throwing Events			
Start Time	Location	Event	Division	Heats	Start Time	Location	Event	Flight	Start Time	Location	Event	Flight	Start Time	Location	Event	Flight
10:00 AM	Outside Lanes	Pentathlon 60 Hurdles	B	6 heats												
10:15 AM		Raise Track			9:50 AM	Inside Runway	Women's Long Jump	Flight 1	10:45 AM	North track	("B") Pentathlon High Jump	Flight 1	9:45 AM	Throws Cage	Men's Weight Throw	Flight 1
10:20 AM	Oval	Women's DMR	Open	1 heat	10:50 AM	Inside Runway	Women's Long Jump	Flight 2	10:45 AM	South track	("B") Pentathlon High Jump	Flight 2		Throws Cage	Men's Weight Throw	Flight 2
10:35 AM	Oval	Men's DMR	Open	1 heat	11:50 AM	Inside Runway	Women's Long Jump	Flight 3	1:10 PM	North track	("A") Pentathlon High Jump			Throws Cage	Men's Weight Throw	Flight 3
10:50 AM	Oval	Women's "C" 400	C	10 heats	1:00 PM	Inside Runway	Women's Long Jump	Flight 4	2:55 PM	North track	Heptathlon High Jump	Flight 1		Throws Cage	Men's Weight Throw	Finals
11:15 AM	Oval	Men's "C" 400	C	11 heats	2:00 PM	Inside Runway	Women's Long Jump	Flight 5	2:55 PM	South track	Heptathlon High Jump	Flight 2				
11:45 AM	Oval	Lower Track			2:50 PM	Inside Runway	Women's Long Jump	Finals	4:25 PM	North track	Women's High Jump	Flight 1	2:00 PM	Throws Cage	Women's Weight Throw	Flight 1
12:00 PM	Middle Track	Heptathlon 60	Open	3 heats	3:55 PM	Inside Runway	("A") Pentathlon Long Jump	1 Flight	4:25 PM	South track	Women's High Jump	Flight 2		Throws Cage	Women's Weight Throw	Flight 2
12:20 PM	Middle track	Pentathlon 60 Hurdles	A	3 heats										Throws Cage	Women's Weight Throw	Flight 3
12:30 PM	Oval	Raise Track												Throws Cage	Women's Weight Throw	Finals
12:40 PM	Oval	Women's "B" 400	B	6 heats	10:20 AM	Outside Runway	Men's Long Jump	Flight 1	10:00 AM	Inside Runway	Men's Pole Vault	B				
12:55 PM	Oval	Men's "B" 400	B	6 heats		Outside Runway	Men's Long Jump	Flight 2	2:00 PM	Outside Runway	Men's Pole Vault	A				
1:10 PM	Oval	Women's 800	Open	8 heats (slow to fast)		Outside Runway	Heptathlon Long Jump	1 Flight					12:30 PM	SE Corner Ring	("B") Pentathlon Shot Put	1 Flight
1:38 PM	Oval	Women's "A" 800	A	1 heat		Outside Runway	("B") Pentathlon Long Jump	1 Flight					1:45 PM	SE Corner Ring	Heptathlon Shot Put	1 Flight
1:42 PM	Oval	Men's "A" 800	A	1 heat		Outside Runway	Men's Long Jump	Flight 3					2:55 PM	SE Corner Ring	("A") Pentathlon Shot Put	1 Flight
1:45 PM	Oval	Men's 800	Open	8 heats (fast to slow)		Outside Runway	Men's Long Jump	Flight 4								
2:15 PM	Oval	Women's "B" 200	B	8 heats		Outside Runway	Men's Long Jump	Finals								
2:45 PM	Oval	("B") Pentathlon 800	B	1 heat												
2:50 PM	Oval	Women's "A" 200	A	5 heats												
3:00 PM	Oval	Men's "A" 200	A	5 heats												
3:10 PM	Oval	Men's "B" 200	B	8 heats												
3:25 PM	Oval	Women's 3000	Open	3 heats (slow to fast)												
4:00 PM	Oval	Men's 3000	Open	5 heats (fast to slow)												
5:00 PM	Oval	Pentathlon 800	A	1 heat												
5:05 PM	Oval	Women's "C" 200	C	17 heats												
5:50 PM	Oval	Men's "C" 200	C	15 heats												

Saturday January 31, 2026

Track Events					Horizontal Jumps				Vertical Jumps				Throwing Events			
Start Time	Location	Event	Division	Heats	Start Time	Location	Event	Flight	Start Time	Location	Event	Flight	Start Time	Location	Event	Flight
10:00 AM	Middle track	Heptathlon 60 Hurdles	Open	5 heats	10:30 AM	Outside Runway	Women's Triple Jump	Flight 1	12:20 PM	North track	Men's High Jump	Flight 1	9:00 AM	Throws Cage	Men's Shot Put	Flight 1
10:10 AM	Middle track	Men's 60 Hurdles	Open Semi	8 heats		Outside Runway	Women's Triple Jump	Flight 2	12:20 PM	South track	Men's High Jump	Flight 2		Throws Cage	Men's Shot Put	Flight 2
10:35 AM	Middle track	Women's 60 Hurdles	Open Semi	8 heats		Outside Runway	Women's Triple Jump	Flight 3						Throws Cage	Men's Shot Put	Flight 3
10:55 AM	Middle track	Men's 60	Open Semi	12 heats		Outside Runway	Women's Triple Jump	Flight 4						Throws Cage	Men's Shot Put	Finals
11:20 AM	Middle track	Women's 60	Open Semi	12 heats		Outside Runway	Women's Triple Jump	Final	11:00 AM	Inside Runway	Heptathlon Pole Vault	Flight 2				
11:45 AM	Raise Track				10:30 AM	Inside Runway	Men's Triple Jump	Flight 1	11:00 AM	Outside Runway	Heptathlon Pole Vault	Flight 1	1:00 PM	Throws Cage	Women's Shot Put	Flight 1
11:55 AM	Oval	Women's Mile	Open	10 heats (slow to fast)								Throws Cage		Women's Shot Put	Flight 2	
1:00 PM	Oval	Men's Mile	Open	11 heats (fast to slow)								Throws Cage		Women's Shot Put	Flight 2	
2:00 PM	Oval	Women's "A" 400	A	5 heats								Throws Cage		Women's Shot Put	Flight 3	
2:10 PM	Oval	Men's "A" 400	A	5 heats								Throws Cage		Women's Shot Put	Finals	
2:20 PM	Lower Track								2:00 PM	Inside Runway	Women's Pole Vault	B				
2:30 PM	Middle track	Women's 60 Hurdle Finals	Open Finals	1 heat		Inside Runway	Men's Triple Jump	Flight 3	2:00 PM	Outside Runway	Women's Pole Vault	A				
2:35 PM	Middle track	Men's 60 Hurdle Finals	Open Finals	1 heat		Inside Runway	Men's Triple Jump	Final								
2:40 PM	Middle track	Women's 60 Finals	Open Finals	1 heat												
2:45 PM	Middle track	Men's 60 Finals	Open Finals	1 heat												
2:50 PM	Raise Track															
2:55 PM	Oval	Women's 5000	Open	Heat 1 (fastest)												
3:15 PM	Oval	Men's 5000	Open	Heat 1 (fastest)												
3:35 PM	Oval	Heptathlon 1000	Open	2 heats												
3:40 PM	Oval	Women's 4 x 400	Open	9 heats												
4:20 PM	Oval	Men's 4 x 400	Open	10 heats												
5:00 PM	Oval	Women's 5000	Open	Heat 2 (slowest)												
5:25 PM	Oval	Men's 5000	Open	Heat 2 (slowest)												

Pentathlon ("B" Division) - Friday January 30, 2026				Pentathlon ("A" Division) - Friday January 30, 2026				Heptathlon ("Open") - Friday January 30, 2026				Heptathlon ("Open") - Saturday January 31, 2026			
10:00 AM	Outside Lanes	Pentathlon 60 Hurdles	5 heats	12:20 PM	Middle track	Invite Pentathlon 60 Hurdles	3 heats	12:00 PM	Middle track	Heptathlon 60	2 heats	10:00 AM	Middle track	Heptathlon 60 Hurdles	4 heats
10:45 AM	Middle track	Pentathlon High Jump	2 pits	1:10 PM	North track	Invite Pentathlon High Jump	1 pit	12:40 PM	Outside Runway	Heptathlon Long Jump	1 flight	11:00 AM	PV Runway	Heptathlon Pole Vault	2 pits
12:30 PM	SE Corner Ring	Pentathlon Shot Put	1 flight	2:55 PM	SE Corner Ring	Invite Pentathlon Shot Put	1 flight	1:45 PM	SE Corner Ring	Heptathlon Shot Put	1 flight	3:35 PM	Oval	Heptathlon 1000	1 heat
1:45 PM	Outside Runway	Pentathlon Long Jump	1 flight	3:55 PM	Inside Runway	Invite Pentathlon Long Jump	1 flight	2:55 PM	Middle track	Heptathlon High Jump	2 pits				
2:45 PM	Oval	Pentathlon 800	1 heat	5:00 PM	Oval	Invite Pentathlon 800	1 heat								

Additional Information

Final Schedule will be published and sent out Thursday at 11:30 AM.

Please send scratches to lennylylestrackmeet@gmail.com