

# **Penn Elite Multi-Events**

**January 22 - 23, 2026**

**Thursday (1/22)** (start times are approximate)

**Men's Heptathlon**

2:30 PM	60m
3:10 PM	Long Jump
4:10 PM	Shot Put
5:10 PM	High Jump

**Friday (1/23)** (start times are approximate)

**Women's Pentathlon**

11:45 AM	60m Hurdles
12:30 PM	High Jump (2 pits)
2:00 PM	Shot Put
3:30 PM	Long Jump (2 pits)
4:30 PM	Pentathlon 800

**Men's Heptathlon**

11:30 AM	60m Hurdles
12:15 PM	Pole Vault
2:15 PM	1000m