



PSU "The Almost Last Chance" Invitational

Saturday, May 9th, 2026 - Pittsburg State University - Russ Jewett Outdoor Track Complex

Schedule of Events

Final - Updated 5/7



Field Events

Noon	Discus	Men
*1:20	Discus	Women
*2:15	Javelin	Men
2:00	Long Jump (west runway)	Women
3:00	Pole Vault	Men
*3:45	Javelin	Women
*3:15	Long Jump (west runway)	Men
4:00	High Jump	Men
*5:15	Hammer	Men
*4:30	Triple Jump (west runway)	Women
*6:15	Hammer	Women
*5:30	Triple Jump (west runway)	Men
5:30	Pole Vault	Women
6:30	High Jump	Women
*7:30	Shot Put (south sector)	Men
*8:30	Shot Put (south sector)	Women

* Approximate Start times on field events, will go ahead of times if possible

Running Events Sections will be ran Slow to Fast

Please pick up hip numbers at the tent by the warmup lanes on the backstretch of the facility. Relay cards due back to tent 30 minutes prior to start of race.

Track Events

4:20	National Anthem	
4:30	4 x 100m Relay	Men
4:35	4 x 100m Relay	Women
4:45	3000m Steeplechase	Men
5:00	3000m Steeplechase	Women
5:20	100m Dash (prelims)	Men
5:40	400m Dash	Men
5:50	400m Dash	Women
6:10	400m Hurdles	Men
6:20	400m Hurdles	Women
6:45	110m Hurdles	Men
6:55	100m Hurdles	Women
7:05	100m Dash (finals)	Men
7:10	100m Dash	Women
7:25	5000m Run	Men
7:45	5000m Run	Women
8:15	200m Dash	Men
8:30	200m Dash	Women
8:45	800m Run	Men
8:55	800m Run	Women
9:05	1500m Run	Men
9:15	1500m Run	Women
9:25	4x400m Relay	Men
9:30	4x400m Relay	Women