



# PLNU Sea Lion Invite

## March 13-14, 2026



### **Final SCHEDULE OF EVENTS**

updated 3/12/26

#### **Friday, March 13, 2026 - Chula Vista Elite Training Center FIELD EVENTS**

TIME	EVENTS
10:30am	WEIGH-INS START
12:30pm	HAMMER - MEN / WOMEN TO FOLLOW

#### **Saturday, March 14, 2026 - PLNU Track & Field Complex FIELD EVENTS**

TIME	EVENTS
7:30am	WEIGH-INS START
9:00am	JAVELIN - MEN / WOMEN TO FOLLOW
9:00am	HIGH JUMP - MEN / WOMEN TO FOLLOW
11:00am	SHOT PUT - MEN / WOMEN TO FOLLOW
11:15am	LONG JUMP - MEN East Pit / WOMEN West Pit
1:30pm	POLE VAULT - MEN East Pit / WOMEN West Pit
1:45pm	DISCUS - MEN / WOMEN TO FOLLOW
2:30pm	TRIPLE JUMP - WOMEN West Pit
3:15pm	TRIPLE JUMP - MEN East Pit

#### **Saturday, March 14, 2026 - PLNU Track & Field Complex RUNNING EVENTS**

TIME	EVENT
11:20 am	NATIONAL ANTHEM
11:30 am	3000-METER STEEPLECHASE W
11:50 am	4 X 100 RELAY M
11:55 am	4 X 100 RELAY W
12:10 pm	1500 METERS M
12:25 pm	1500 METERS W
12:45 pm	110-METER HURDLES M
1:05 pm	100-METER HURDLES W
1:25 pm	400 METERS M
1:40 pm	400 METERS W
2:00 pm	100 METERS M
2:10 pm	100 METERS W
2:35 pm	800 METERS M
2:50 pm	800 METERS W
3:15 pm	400 METER HURDLES M
3:30 pm	400 METER HURDLES W
3:50 pm	200 METERS M
4:10 pm	200 METERS W
4:30 pm	5000 METERS M
4:55 pm	5000 METERS W
5:25 pm	4 X 400 RELAY M
5:35 pm	4 X 400 RELAY W

**This is a fixed time schedule.**

**We may get behind, but we will NOT go ahead of schedule.**