

2017 GNAC

Indoor Track and Field Championships



FINAL as of 2/14/17

Practice Time (No practice outside these times)

Thursday 4:30-7:00 p.m.

Friday 10:30 a.m.-12:30 p.m. (oval only)

FRIDAY, FEB. 17

Heptathlon:

9:00 a.m. 60 M Dash
9:45 a.m. Long Jump *
11:00 p.m. Shot Put *
12:10 p.m. High Jump*

Pentathlon:

9:15 a.m. 60 Hurdles
10:00 a.m. High Jump *
12:00 p.m. Shot Put *
1:00 p.m. Long Jump*
2:15 p.m. 800 M Run*

Field Events:

3:30 p.m. Weight Throw-Women
3:45 p.m. Pole Vault-Men
4:00 p.m. Long Jump-Women
4:30 p.m. High Jump-Men
5:30 p.m. Long Jump-Men
6:00 p.m. Weight Throw-Men

Running Events:

2:00 p.m. National anthems
2:15 p.m. Pent. 800 (approx.)
2:30 p.m. Women's s 60 Hurdles
2:45 p.m. Men's 60 Hurdles
3:05 p.m. Women's 60 Semis
3:20 p.m. Men's 60 Semis
3:35 p.m. Women's 400 Semis
4:05 p.m. Men's 400 Semis
4:35 p.m. Women's 800 Semis
4:50 p.m. Men's 800 Semis
5:05 p.m. Women's 200 Semis
5:35 p.m. Men's 200 Semis
6:05 p.m. Women's 5,000 (Final)
6:30 p.m. Men's 5,000(Final)
6:55 p.m. Women's Distance Medley (Final)
7:15 p.m. Men's Distance Medley (Final)

Implement Certification

Friday 8:00 a.m.-4:00 p.m.

Saturday 8:00 a.m.-10:15 a.m.

* All implements need to be turned in 2 hours prior to the start of competition with in the certification period.

SATURDAY, FEB. 18

Heptathlon:

9:30 a.m. 60 Hurdles
10:15 a.m. Pole Vault *
12:20 p.m. 1,000 M Run*

Field Events:

10:00 a.m. Shot Put-Women
10:15 a.m. High Jump-Women
10:30 a.m. Triple Jump-Men
11:15 a.m. Triple Jump-Women
12:30 p.m. Shot Put-Men
1:00 p.m. Pole Vault-Women

Running Events:

11:00 a.m. National anthems
11:25 a.m. Women's Mile (Final)
11:45 a.m. Men's Mile (Final)
12:05 p.m. Women's 60 Hurdles (Final)
12:15 p.m. Men's 60 Hurdles (Final)
12:20 p.m. *Heptathlon: 1,000 (approx.)*
12:25 p.m. Women's 400 (Final)
12:35 p.m. Men's 400 (Final)
12:45 p.m. Women's 60 (Final)
12:55 p.m. Men's 60 (Final)
1:05 p.m. Women's 800 (Final)
1:20 p.m. Men's 800 (Final)
1:35 p.m. Women's 200 (Final)
1:45 p.m. Men's 200 (Final)
1:55 p.m. Women's 3000 Heat 1 (Final)
2:15 p.m. Women's 3000 Heat 2 (Final)
2:35 p.m. Men's 3000 Heat 1 (Final)
2:55 p.m. Men's 3000 Heat 2 (Final)
3:15 p.m. Women's 4x400 (Final)
3:30 p.m. Men's 4x400 (Final)
4:00 p.m. Awards ceremony

* Estimated start time. Each event will begin 30 minutes after previous event has finished per meet referee.