

2022 GNAC Indoor Track and Field Championships



As of 2/2/22 DRAFT

PRACTICE

Feb. 20 3:00-6:00 p.m.

MONDAY, FEB. 21

Heptathlon:

9:00 a.m. 60 Meters
9:45 a.m. Long Jump*
11:00 a.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 Meters*

Field Events:

2:45 p.m. Weight Throw-Men
3:10 p.m. Long Jump-Women
3:15 p.m. Pole Vault-Men
5:00 p.m. High Jump-Women
5:30 p.m. Weight Throw-Women
5:40 p.m. Long Jump-Men

Running Events:

2:00 p.m. National anthems
2:15 p.m. Pentathlon 800 Meters (approx.)
2:40 p.m. Women's 60 Hurdles (Prelims)
2:50 p.m. Men's 60 Hurdles (Prelims)
3:05 p.m. Women's 60 (Prelims)
3:20 p.m. Men's 60 (Prelims)
3:45 p.m. Women's 400 (Prelims)
4:10 p.m. Men's 400 (Prelims)
4:30 p.m. Women's 800 (Prelims)
4:45 p.m. Men's 800 (Prelims)
5:00 p.m. Women's 200 (Prelims)
5:20 p.m. Men's 200 (Prelims)
5:50 p.m. Women's 5,000 (Final)
6:20 p.m. Men's 5,000 (Final)
6:50 p.m. Women's Distance Medley (Final)
7:10 p.m. Men's Medley (Final)

TUESDAY, FEB. 22

Heptathlon:

8:30 a.m. 60 Hurdles
9:20 a.m. Pole Vault*
11:40 a.m. 1,000 Meter Run*

Field Events:

9:30 a.m. High Jump-Men
10:05 a.m. Shot Put-Men
10:10 a.m. Triple Jump-Women
12:00 p.m. Pole Vault-Women
12:30 p.m. Shot Put-Women
12:45 p.m. Triple Jump-Men

Running Events:

10:55 a.m. National anthems
11:00 a.m. Women's Mile (Final)
11:20 a.m. Men's Mile (Final)
11:40 a.m. *Heptathlon: 1,000 (approx.)*
12:00 p.m. Women's 60 Hurdles (Final)
12:10 p.m. Men's 60 Hurdles (Final)
12:20 p.m. Women's 60 (Final)
12:25 p.m. Men's s 60 (Final)
12:45 p.m. Women's 400 (Final)
12:55 p.m. Men's 400 (Final)
1:05 p.m. Women's s 800 (Final)
1:15 p.m. Men's 800 (Final)
1:25 p.m. Women's 200 (Final)
1:30 p.m. Men's 200 (Final)
1:35 p.m. Women's 3000 Heat 1 (Final)
1:50 p.m. Women's 3000 Heat 2 (Final)
2:05 p.m. Men's 3000 Heat 2 (Final)
2:20 p.m. Men's 3000 Heat 2 (Final)
2:35 p.m. Men's 3000 Heat 3 (Final)
2:50 p.m. Women's 4x400 (Final)
3:05 p.m. Men's 4x400 (Final)
3:20 p.m. Awards ceremony

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