

2022 GNAC Outdoor Track & Field Championships



Final As of 5-10-22

Practice Time

No practice outside the following times at CWU:

Thursday, 2:00-6:00 p.m.

Friday 9:00 a.m.-11:00 a.m. (Oval Only)

Saturday 9:00 a.m.- 11:00 a.m. (Oval Only)

Implement Certification

Thursday 3:00 p.m.-6:00 p.m.

Friday 11:00 a.m.-4:00 p.m.

FRIDAY, MAY 13

Field Events:

10:30 a.m. Long Jump-Women
11:00 a.m. Javelin-Men
11:30 a.m. Shot Put- Women
1:00 p.m. Long Jump-Men
1:45 p.m. Discus-Men
2:00 p.m. Javelin-Women
3:45 p.m. Pole Vault- Women
4:30 p.m. Discus-Women
4:45 p.m. High Jump-Men

FRIDAY, MAY 13

Running Events:

2:45 p.m. **National anthems**
3:00 p.m. Women's Steeplechase Final
3:15 p.m. Men's Steeplechase Final
3:35 p.m. Women's 100 Hurdles Heat 1
3:40 p.m. Women's 100 Hurdles Heat 2
3:50 p.m. Men's 110 Hurdles Heat 1
3:55 p.m. Men's 110 Hurdles Heat 2
4:05 p.m. Women's 400 Prelim Heat 1
4:10 p.m. Women's 400 Prelim Heat 2
4:15 p.m. Men's 400 Prelim Heat 1
4:20 p.m. Men's 400 Prelim Heat 2
4:30 p.m. Women's 100 Prelim Heat 1
4:35 p.m. Women's 100 Prelim Heat 2
4:40 p.m. Women's 100 Prelim Heat 3
4:45 p.m. Men's 100 Prelim Heat 1
4:50 p.m. Men's 100 Prelim Heat 2
4:55 p.m. Men's 100 Prelim Heat 3
5:05 p.m. Women's 800 Prelim Heat 1
5:10 p.m. Women's 800 Prelim Heat 2
5:15 p.m. Men's 800 Prelim Heat 1
5:20 p.m. Men's 800 Prelim Heat 2
5:25 p.m. Men's 800 Prelim Heat 3
5:35 p.m. Women's 400 Hurdles Prelim Heat 1
5:40 p.m. Women's 400 Hurdles Prelim Heat 2
5:50 p.m. Men's 400 Hurdles Prelim Heat 1
5:55 p.m. Men's 400 Hurdles Prelim Heat 2
6:00 p.m. Men's 400 Hurdles Prelim Heat 3
6:10 p.m. Women's 200 Prelim Heat 1
6:15 p.m. Women's 200 Prelim Heat 2
6:20 p.m. Men's 200 Prelim Heat 1
6:25 p.m. Men's 200 Prelim Heat 2
6:35 p.m. Women's 10,000 Final
7:25 p.m. Men's 10,000 Final

SATURDAY, MAY 14

Field Events:

10:15 a.m.	Triple Jump-Men
10:45 a.m.	Shot Put -Men
12:45 p.m.	Triple Jump-Women
1:15 p.m.	Hammer- Women
3:10 p.m.	Pole Vault-Men
3:40 p.m.	Hammer-Men
3:45 p.m.	High Jump-Women

SATURDAY, MAY 14

Running Events:

2:35 p.m.	National anthems
2:45 p.m.	Women's 4x100
2:50 p.m.	Men's 4x100
3:00 p.m.	Women's 1500 Final
3:05 p.m.	Men's 1500 Final
3:15 p.m.	Women's 100 Hurdles Final
3:25 p.m.	Men's 110 Hurdles Final
3:35 p.m.	Women's 400 Final
3:40 p.m.	Men's 400 Final
3:50 p.m.	Women's 100 Final
3:55 p.m.	Men's 100 Final
4:05 p.m.	Women's 800 Final
4:10 p.m.	Men's 800 Final
4:20 p.m.	Women's 400H Final
4:30 p.m.	Men's 400H Final
4:40 p.m.	Women's 200 Final
4:45 p.m.	Men's 200 Final
4:50 p.m.	Women's 5000 Final
5:15 p.m.	Men's 5000 Final
5:40 p.m.	Women's 4x400
5:45 p.m.	Men's 4x400
6:00 p.m.	Awards Ceremony