

2024 GNAC Outdoor Track & Field Championships



Final As of 5-7-24

Practice Time

No practice outside the following times at CWU:

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

Friday 8:00 a.m.-9:30 a.m.

Saturday 8:00 a.m.- 9:30 a.m.

Implement Certification

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

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

FRIDAY, MAY 10

Field Events:

10:00 a.m. Long Jump-Women

10:15 a.m. Javelin-Men

11:30 a.m. Shot Put- Women

12:15 p.m. Long Jump-Men

1:15 p.m. Javelin-Women

1:45 p.m. Discus-Men

3:45 p.m. Pole Vault- Women

4:45 p.m. Hammer-Women

4:50 p.m. High Jump-Men

FRIDAY, MAY 10

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. Women's 400 Prelim Heat 3

4:20 p.m. Men's 400 Prelim Heat 1

4:25 p.m. Men's 400 Prelim Heat 2

4:35 p.m. Women's 100 Prelim Heat 1

4:40 p.m. Women's 100 Prelim Heat 2

4:45 p.m. Men's 100 Prelim Heat 1

4:50 p.m. Men's 100 Prelim Heat 2

5:00 p.m. Women's 800 Prelim Heat 1

5:05 p.m. Women's 800 Prelim Heat 2

5:10 p.m. Men's 800 Prelim Heat 1

5:15 p.m. Men's 800 Prelim Heat 2

5:20 p.m. Men's 800 Prelim Heat 3

5:30 p.m. Women's 400 Hurdles Prelim Heat 1

5:35 p.m. Women's 400 Hurdles Prelim Heat 2

5:45 p.m. Men's 400 Hurdles Prelim Heat 1

5:50 p.m. Men's 400 Hurdles Prelim Heat 2

6:00 p.m. Women's 200 Prelim Heat 1

6:05 p.m. Women's 200 Prelim Heat 2

6:10 p.m. Women's 200 Prelim Heat 3

6:15 p.m. Men's 200 Prelim Heat 1

6:20 p.m. Men's 200 Prelim Heat 2

6:45 p.m. Women's 10,000 Final

7:30 p.m. Men's 10,000 Final

SATURDAY, MAY 11

Field Events:

10:00 a.m.	Triple Jump-Men
10:30 a.m.	Shot Put -Men
12:00 p.m.	Triple Jump-Women
1:00 p.m.	Discus- Women
3:10 p.m.	Pole Vault-Men
3:40 p.m.	Hammer-Men
3:45 p.m.	High Jump-Women

SATURDAY, MAY 11

Running Events:

2:35 p.m.	<i>National anthems</i>
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.	<i>Awards Ceremony</i>