

# 2024 GNAC Outdoor Track & Field Championships



Draft As of 4-17-24

## 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.	<b>National anthems</b>
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.	Men's 100 Prelim Heat 1
4:45 p.m.	Men's 100 Prelim Heat 2
4:55 p.m.	Women's 800 Prelim Heat 1
5:00 p.m.	Women's 800 Prelim Heat 2
5:05 p.m.	Men's 800 Prelim Heat 1
5:10 p.m.	Men's 800 Prelim Heat 2
5:20 p.m.	Women's 400 Hurdles Prelim Heat 1
5:25 p.m.	Women's 400 Hurdles Prelim Heat 2
5:35 p.m.	Men's 400 Hurdles Prelim Heat 1
5:40 p.m.	Men's 400 Hurdles Prelim Heat 2
5:50 p.m.	Women's 200 Prelim Heat 1
5:55 p.m.	Women's 200 Prelim Heat 2
6:00 p.m.	Men's 200 Prelim Heat 1
6:05 p.m.	Men's 200 Prelim Heat 2
6:15 p.m.	Women's 10,000 Final
7:00 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.	<b><i>National anthems</i></b>
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
<b>6:00 p.m.</b>	<b><i>Awards Ceremony</i></b>