

# 2017 GNAC Outdoor Track and Field Championships

FINAL as of 5/9/16



## **FRIDAY**

### **Field Events:**

- 2:00 p.m. Discus-Women (*Men to follow*)
- 2:10 p.m. Shot Put-Men
- 2:20 p.m. High Jump-Men
- 3:25 p.m. Pole Vault-Women
- 3:40 p.m. Long Jump-Women
- 4:15 p.m. Long Jump-Men
- 4:30 p.m. Shot Put-Women

### **Running Events:**

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

## **SATURDAY**

### **Field Events:**

- 10:00 a.m. Hammer-Women (*Men to follow*)
- 10:45 a.m. Javelin-Men
- 11:00 a.m. High Jump-Women
- 11:30 a.m. Pole Vault-Men
- 12:00 p.m. Triple Jump-Women
- 1:00 p.m. Javelin-Women
- 1:05 p.m. Triple Jump-Men

### **Running Events:**

- 11:55 a.m. ***National anthems***
- 12:00 p.m. Women's 4x100
- 12:05 p.m. Men's 4x100
- 12:10 p.m. Women's 1500
- 12:25 p.m. Men's 1500
- 12:45 p.m. Women's 100H
- 12:55 p.m. Men's 110H
- 1:00 p.m. Women's 400
- 1:05 p.m. Men's 400
- 1:10 p.m. Women's 100
- 1:15 p.m. Men's 100
- 1:20 p.m. Women's 800
- 1:25 p.m. Men's 800
- 1:40 p.m. Women's 400H
- 1:50 p.m. Men's 400H
- 2:00 p.m. Women's 200
- 2:05 p.m. Men's 200
- 2:10 p.m. Women's 5000
- 2:30 p.m. Men's 5000
- 3:05 p.m. Women's 4x400
- 3:15 p.m. Men's 4x400
- 3:30 p.m. *Awards Ceremony***