



**GNAC 2014 Indoor Track and Field Championship**

**February 21-22, 2014**

**Hosted by Northwest Nazarene University**

**Tentative Schedule as of 12/10/2013**

**Final Schedule will be based on entries**

**Friday, February 21th:**

**Field Events**

3:30 PM	Women's Weight Throw (Final)
4:30 PM	Women's Long Jump (Final)
4:30 PM	Women's Pole Vault (Final)
5:00 PM	Men's High Jump (Final)
6:00 PM	Men's Long Jump (Final)
6:00 PM	Men's Shot Put (Final)

**Running Events**

2:30 PM	Men's 60 M Hurdles (Trial)
2:50 PM	Women's 60 M Hurdles (Trial)
3:10 PM	Men's 60 M Dash (Trial)
3:30 PM	Women's 60 M Dash (Trial)
3:45 PM/TBA	Women's Pent 800
3:55 PM	Men's 400 M (Trial)
4:15 PM	Women's 400 M (Trial)
4:45 PM	Men's 800 M (Trial)
5:05 PM	Women's 800 M (Trial)
5:25 PM	Men's 200 M (Trial)
5:45 PM	Women's 200 M (Trial)
6:05 PM	Men's 5,000 M (Final)
6:45 PM	Women's 5,000 M (Final)
7:20 PM	Men's Distance Medley (Final)
7:35 PM	Women's Distance Medley (Final)

**All championship awards (Fri/Sat) will be announced throughout the championships on Saturday.**

**Saturday, February 22th:**

**Field Events**

10:00 AM	Men's Weight Throw (Final)
10:00 AM	Women's High Jump (Final)
10:30 AM	Women's Triple Jump (Final)
11:15 AM	Men's Triple Jump (Final)
11:45 AM	Men's Pole Vault (Final)
12:15 PM	Women's Shot Put (Final)

**Saturday, February 22th:**

**Running Events**

11:00 AM	Opening Ceremony
11:20 AM/TBA	1000 M Run (HEP)
11:25 AM	Men's Mile Run (Final)
11:45 AM	Women's Mile Run (Final)
12:05 PM	Men's 60 M Hurdles (Final)
12:15 PM	Women's 60 M Hurdles (Final)
12:25 PM	Men's 400 M Dash (Final)
12:35 PM	Women's 400 M Dash (Final)
12:45 PM	Men's 60 M Dash (Final)
12:55 PM	Women's 60 M Dash (Final)
1:05 PM	Men's 800 M Run (Final)
1:20 PM	Women's 800 M Run (Final)
1:35 PM	Men's 200 M Dash (Final)
1:45 PM	Women's 200 M Dash (Final)
1:55 PM	Men's 3,000 M Run (Final)
2:15 PM	Women's 3,000 M Run (Final)
2:35 PM	Men's 1600 Relay (Final)
2:45 PM	Women's 1600 Relay (Final)
3:15 PM	Awards Ceremony

**MULTI-EVENTS SCHEDULE:**

**Friday, February 21<sup>th</sup>**

**Heptathlon**

9:00 AM	60 Dash
9:40 AM	Long Jump
11:00 AM	Shot Put
12:15 PM	High Jump

**Pentathlon**

9:15 AM	60 Hurdles
9:50 AM	High Jump
12:30 PM	Shot Put
2:00 PM	Long Jump
3:45 PM	800 M Run

**Saturday, February 22th**

**Heptathlon**

8:45 AM	60 M Hurdles	9:15 AM	Pole Vault	11:20 AM/TBA	1,000 M Run
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**Weigh- ins**

**Friday Weigh-ins:** 10:00am Combined Event  
2:15 pm-5:45pm Women's Weight, Men's Shot

**Saturday Weigh-ins:** 8:45am-11:30 am Women's Shot, Men's Weight