



**Great Northwest Athletic Conference
Indoor Track and Field Championships
2013 Meet Schedule**

Friday, February 15th:

Field Events

4:15 PM	Women's Weight Throw (Final)
4:15 PM	Women's Long Jump (Final)
4:15 PM	Men's High Jump (Final)
5:00 PM	Women's Pole Vault (Final)
5:00 PM	Men's Long Jump (Final)
6:00 PM	Men's Shot Put (Final)

Running Events

5:50 PM	Women's 3K (Final)
6:10 PM	Men's 3K (Final)
6:30 PM	Women's 60 M Hurdles (Trial)
6:40 PM	Men's 60 M Hurdles (Trial)
6:55 PM	Women's 60 M Dash (Trial)
7:05 PM	Men's 60 M Dash (Trial)
7:15 PM	Women's Distance Medley (Final)
7:30 PM	Men's Distance Medley (Final)

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

MULTI-EVENTS SCHEDULE:

Friday, February 15th

Heptathlon

10:15 AM	60 Dash
10:55 AM	Long Jump
12:15 PM	Shot Put
1:30 PM	High Jump

Saturday, February 16th:

Field Events

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

Running Events

11:00 AM	Opening Ceremony
11:20 AM/TBA	1000 M Run (HEP)
11:25 AM	Women's Mile Run (Final)
11:35 AM	Men's Mile Run (Final)
11:45 AM	Women's 60 M Hurdles (Final)
11:55 AM	Men's 60 M Hurdles (Final)
12:05 PM	Women's 400 M Dash (Final)
12:15 PM	Men's 400 M Dash (Final)
12:25 PM	Women's 60 M Dash (Final)
12:30 PM	Men's 60 M Dash (Final)
12:40 PM	Women's 800 M Run (Final)
12:50 PM	Men's 800 M Run (Final)
1:00 PM	Women's 200 M Dash (Final)
1:10 PM	Men's 200 M Dash (Final)
1:25 PM	Women's 5,000 M Run (Final)
1:45 PM	Men's 5,000 M Run (Final)
2:10 PM	Women's 1600 Relay (Final)
2:20 PM	Men's 1600 Relay (Final)
2:50 PM	Awards Ceremony

Pentathlon

10:45 AM	60 Hurdles
11:25 AM	High Jump
1:15 PM	Shot Put
2:15 PM	Long Jump
3:30 PM	800 M Run

Saturday, February 16th

Heptathlon

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