



## GNAC 2015 Indoor Track and Field Championship

February 19-20, 2016

Hosted by Northwest Nazarene University

DRAFT As of 2/16/16

### Friday, February 19

#### Field Events

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

#### Running Events

2:00 PM	Opening Ceremony
2:15 PM/TBA	Women's Pent 800
2:30 PM	Men's 60 M Hurdles (Trial)
2:45 PM	Women's 60 M Hurdles (Trial)
3:05 PM	Men's 60 M Dash (Trial)
3:20 PM	Women's 60 M Dash (Trial)
3:35 PM	Men's 400 M (Trial)
4:05 PM	Women's 400 M (Trial)
4:35 PM	Men's 800 M (Trial)
4:50 PM	Women's 800 M (Trial)
5:05 PM	Men's 200 M (Trial)
5:35 PM	Women's 200 M (Trial)
6:05 PM	Men's 5,000 M (Final)
6:30 PM	Women's 5,000 M (Final)
6:55 PM	Men's Distance Medley (Final)
7:15 PM	Women's Distance Medley (Final)

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

**Weigh- ins:** All Implements must be turned into the weight-in area 2 hours prior to competition. Implement weight-in will open at 8:00 a.m. Friday and 7:30 Saturday. Below are the deadlines for when implements need to be turned in.

**Friday Weigh-ins:** Open from 8:00- 4:00  
9:00am Combined Event Deadline  
1:30pm Women's Weight Deadline  
4:00pm Men's Shot Deadline

**Saturday Weigh-ins:** Open from 8:00- 10:15  
8:00 Men's Weight Deadline  
10:15 Women's Shot Deadline

### Saturday, February 20

#### Field Events

10:00 AM	Men's Shot Put (Final)
10:00 AM	Men's High Jump (Final)

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

**Saturday, February 20**

**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 AM	Men's 60 M Hurdles (Final)
12:15 AM	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) Heat 1
2:15 PM	Men's 3,000 M Run (Final) Heat 2
2:35 PM	Women's 3,000 M Run (Final) Heat 1
2:55 PM	Women's 3,000 M Run (Final) Heat 2
3:15 PM	Men's 1600 Relay (Final)
3:30 PM	Women's 1600 Relay (Final)
4:00 PM	Awards Ceremony (approximate)

**COMBINED-EVENTS SCHEDULE:**

**Friday, February 19**

**Heptathlon**

9:00 AM	60 Dash
9:45 AM	Long Jump*
11:00 AM	Shot Put*
12:10 PM	High Jump*

**Pentathlon**

9:15 AM	60 Hurdles
10:00 AM	High Jump*
12:00 PM	Shot Put*
1:00 PM	Long Jump*
2:15 PM	800 M Run*

**Saturday, February 20**

**Heptathlon**

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

**\*Estimated start time. Each event will begin 30 min after the previous event has finished as determined by the referee.**