



# GNAC 2014 Indoor Track and Field Championship February 21-22, 2014 Hosted by Northwest Nazarene University FINAL

#### Friday, February 21th:

### Field Events

3:30 PM	Women's Weight Throw (Final)
3.30 PIVI	women's weight mrow (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

Running Events	
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)
3:45 PM/TBA	Women's Pent 800
3:35 PM	Men's 400 M (Trial)
3:55 PM	Women's 400 M (Trial)
4:20 PM	Men's 800 M (Trial)
4:35 PM	Women's 800 M (Trial)
4:50 PM	Men's 200 M (Trial)
5:20 PM	Women's 200 M (Trial)
5:50 PM	Men's 5,000 M (Final)
6:20 PM	Women's 5,000 M (Final)
6:50 PM	Men's Distance Medley (Final)
7:05 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 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)
2:25 PM	Women's 3,000 M Run (Final)
2:55 PM	Men's 1600 Relay (Final)
3:10 PM	Women's 1600 Relay (Final)
3:30 PM	Awards Ceremony

### **MULTI-EVENTS SCHEDULE:**

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

<u>Heptathlon</u>	11 athletes entered
9:00 AM	60 Dash
9:40 AM	Long Jump
11:00 AM	Shot Put
12:15 PM	High Jump

#### Pentathlon 12 athletes entered

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

Weigh- ins: All Implements must be turned into the weight-in area 1 hour prior to competition.

Friday Weigh-ins: 10:00am Combined Event

2:00pm-2:30 Women's Weight, 4:30pm-5:00pm Men's Shot

**Saturday Weigh-ins:** 8:30-9:00amMen's Weight

10:45-11:15am Women's Shot