

GPAC Indoor Track and Field Championship - Order of Events

FRIDAY at Doane College (Fuhrer Fieldhouse) - SATURDAY at Lincoln, Nebraska (Devaney Center)

Any exceptions to the format should be presented at the annual meeting for approval.

Time	Minutes	Track Events	
10:00		Meeting	
	*	Track Change	
12 Noon	30	5,000	W
12:30	25	5,000	M
12:55	15	4 x 800	W
1:10	20 *	4 x 800	M
1:30	15	60 Hurdles - P	W
1:45	15	60 Hurdles - P	M
2:00	10	60 Dash -P	W
2:10	20 *	60 Dash -P	M
2:30	15	Mile	W
2:45	15	Mile	M
3:00	15	400	W
3:15	15	400	M
3:30	15	600	W
3:45	25 *	600	M
4:10	5	60 Hurdles - F	W
4:15	5	60 Hurdles - F	M
4:20	5	60 Dash - F	W
4:25	15 *	60 Dash - F	M
4:40	15	800	W
4:55	15	800	M
5:10	10	1000	W
5:20	10	1000	M
5:30	15	200	W
5:45	15	200	M
6:00	25	3,000	W
6:25	25	3,000	M
6:50	15	4 x 400	W
7:05	15	4 x 400	M

Time	Field Events	
11:00	High Jump	W
	Weight Throw	W
	Long Jump	W
1:00	Weight Throw	M
	High Jump	M
	Long Jump	M
2:00	Pole Vault	W
3:00	Shot Put	W
	Triple Jump	W
4:30	Pole Vault	M
5:00	Shot Put	M
	Triple Jump	M

Time	Combined Event	
	Pentathlon - Women	
	Day 1 Friday	
1:00	55-60m Hurdles	W
(1:45)	High Jump	W
(3:15)	Shot Put	W
(4:45)	Long Jump	W
(6:15)	800 Meters	W
	Heptathlon - Men	
	Day 1 Friday	
1:15	55-60 Meter	M
(2:00)	Long Jump	M
(3:30)	Shot Put	M
(5:00)	High Jump	M
	Heptathlon - Men	
	Day 2 Saturday	
9:00	55-60m Hurdles	
(9:45)	Pole Vault Needs to be done by 3:00	
(12:25)	1000 Meters	