

GPAC Indoor Track and Field Championship - Order of Events

Bob Devaney Sports Center in Lincoln, Nebraska - February, 19, 2011

Combined Events at Doane College on Friday, February 18, 2011 - Conclude in Lincoln on February 19



				Time	Field Events				
Time	Minutes	Track Events					Time	Combined Event	
10:00		Coaches Meeting							
	*	Track Change		11:00	High Jump	W	1:00	55-60m Hurdles	W
					Weight Throw	W	(1:45)	High Jump	W
					Long Jump	W	(3:15)	Shot Put	W
					Long Jump	M	(4:45)	Long Jump	W
12 Noon	30	5,000	W	1:00	Weight Throw	M	(6:15)	800 Meters	W
12:30	25	5,000	M		High Jump	M			
12:55	15	4 x 800	W		Triple Jump	M			
1:10	20 *	4 x 800	M		Triple Jump	W			
1:30	15	60 Hurdles - P	W	2:00	Pole Vault	W			
1:45	15	60 Hurdles - P	M						
2:00	10	60 Dash -P	W	3:00	Shot Put	W			
2:10	20 *	60 Dash -P	M						
2:30	15	Mile	W						
2:45	15	Mile	M						
3:00	15	400	W				1:15	55-60 Meter	M
3:15	15	400	M				(2:00)	Long Jump	M
3:30	15	600	W				(3:30)	Shot Put	M
3:45	25 *	600	M	4:30	Pole Vault	M	(5:00)	High Jump	M
4:10	5	60 Hurdles - F	W	5:00	Shot Put	M			
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				9:00	55-60m Hurdles	
6:00	25	3,000	W				(9:45)	Pole Vault	Needs to be done by 1:15
6:25	25	3,000	M				(12:25)	1000 Meters	
6:50	15	4 x 400	W						
7:05	15	4 x 400	M						

Pentathlon - Women Day 1 Friday

Heptathlon - Men Day 1 Friday

Heptathlon - Men Day 2 Saturday