

GPAC Outdoor Track & Field Championships

Saturday May 3, 2008, Morningside College

Schedule of Events – Elwood Olsen Stadium

(Welcome and National Anthem at 11:55 AM)

Field Events

12:00 pm	W	Hammer	3:00	W	Pole Vault
	M	Shot Put		M	Javelin
	W	Long Jump	4:00	W	Discus
	M	Long Jump	6:00	M	Discus
	W	High Jump			
1:00	M	Pole Vault			
	W	Javelin			
2:00	M	Hammer			
	W	Shot Put			
	M	High Jump			
	W	Triple Jump			
	M	Triple Jump			

Running Events

(*men's 110 hurdle finals before women's 100 hurdle finals)

12:00 pm	W	10,000
12:55	M	10,000
1:40	W	3200 Relay
1:55	M	3200 Relay
2:10	W	100 Hurdle Prelim
2:20	M	110 Hurdle Prelim
2:35	W	100 Dash Prelim
2:45	M	100 Dash Prelim
3:05	W	3000 Steeplechase
3:25	M	3000 Steeplechase
3:45	W	4 x 100 Relay
3:55	M	4 x 100 Relay
4:05	W	1500
4:20	M	1500
4:35	*M	110 Hurdle Final
4:45	*W	100 Hurdle Final
4:55	W	400
5:05	M	400
5:15	W	100 Dash Final
5:20	M	100 Dash Final
5:30	W	800
5:45	M	800
6:05	W	400 Hurdles
6:20	M	400 Hurdles
6:40	W	200
6:50	M	200
7:00	W	5000
7:25	M	5000
7:45	W	4 x 400 Relay
7:55	M	4 x 400 Relay