

Great Plains Athletic Conference Outdoor Track Meet

Williams Field, Mount Marty College, Yankton, South Dakota

Saturday, May 2, 2009

11:00 Coaches Meeting

11:55 Welcome and National Anthem

Field Events

12:00	Women's Hammer	Men's Long Jump
	Men's Shot Put	Women's High Jump
		Women's Triple Jump
1:00	Women's Javelin	Men's Pole Vault
2:00	Men's Hammer	Men's High Jump
	Women's Shot Put	Men's Triple Jump
		Women's Long Jump
3:00	Men's Javelin	Women's Pole Vault
4:00	Women's Discus	
6:00	Men's Discus	

Running Events

12:00	Women's 10,000m Run
12:55	Men's 10,000m Run
1:40	Women's 4 x 800m Relay
1:55	Men's 4 x 800m Relay
2:10	Women's 100m Hurdles - Prelim
2:20	Men's 110m Hurdles - Prelim
2:35	Women's 100m Dash - Prelim
2:45	Men's 100m Dash - Prelim
3:05	Women's 3000m Steeplechase
3:25	Men's 3000m Steeplechase
3:45	Women's 4 x 100m Relay
3:55	Men's 4 x 100m Relay
4:05	Women's 1500m Run
4:20	Men's 1500m Run
4:35	Women's 110m Hurdles - Final
4:45	Men's 100m Hurdles - Final
4:55	Women's 400m Dash
5:05	Men's 400m Dash
5:15	Women's 100m Dash - Final
5:20	Men's 100m Dash - Final
5:30	Women's 800m Run
5:45	Men's 800m Run
6:05	Women's 400m Hurdles
6:20	Men's 400m Hurdles
6:40	Women's 200m Dash
6:50	Men's 200m Dash
7:00	Women's 5,000m Run
7:25	Men's 5,000m Run
7:45	Women's 4 x 400m Relay
7:55	Men's 4 x 400m Relay