

2012 GPAC Outdoor Track and Field Championship

Nebraska Wesleyan - Lincoln, Nebraska
 May 4-5, 2012
 Abel Stadium

**Heptathlon
 Day 1** **Friday**
 1:00 100 Hurdles

Time **Track Events** **Time** **Field Events**

(1:45) High Jump

9:30 to Noon Implement Check-in Begins

(3:15) Shot Put

10:00 Coaches Meeting

11:30

Shot W

(4:45) 200 Meters

Hammer M

Long Jump W

Heptathlon

Day 2

Saturday

12:00 10,000 Meter Run W

Long Jump M

9:00 Long Jump

12:55 10,000 Meter Run M

High Jump M

1:40 4 x 800 Meter Relay W

1:30

Shot M

1:55 4 x 800 Meter Relay M

Hammer W

(10:30) Javelin

2:10 100 Meter Hurdle Prelims W

Triple Jump W

2:20 110 Meter Hurdle Prelims M

Triple Jump M

(11:45) 800

2:35 100 Meter Dash Prelims W

High Jump W

2:45 100 Meter Dash Prelims M

2:30

Pole Vault W

3:00 3,000 Meter Steeplechase W

3:30

Discus M

Decathlon

Day 1

Friday

3:30 3,000 Meter Steeplechase M

Javelin W

1:15 100 Meters

3:55 4 x 100 Meter Relay W

Triple Jump W

4:05 4 x 100 Meter Relay M

(2:00) Long Jump

4:15 1500 Meter Run W

4:30 1500 Meter Run M

(3:30) Shot Put

4:45 100 Meter Hurdle Finals W

4:55 110 Meter Hurdle Finals M

5:00

Pole Vault M

5:05 400 Meter Dash W

5:30

Javelin M

(5:00) High Jump

5:15 400 Meter Dash M

Discus W

5:25 100 Meter Dash Final W

Triple Jump M

(6:30) 400 Meters

5:30 100 Meter Dash Final M

5:40 800 Meter Run W

5:55 800 Meter Run M

Decathlon

Day 2

Saturday

6:15 400 Meter Hurdles W

9:00 110m Hurdles

6:30 400 Meter Hurdles M

6:50 200 Meter Dash W

(9:45) Discus

7:00 200 Meter Dash M

7:10 5,000 Meter Run W

(11:00) Pole Vault

7:35 5,000 Meter Run M

7:55 4 x 400 Meter Relay W

(1:30) Javelin

8:05 4 x 400 Meter Relay M

(3:00) 1500

