

GPAC Outdoor Track and Field Championship
Hosted by Hastings College
May 6 & 7, 2016

Friday

Time	Track Events	
5:00	100 Meter Hurdle Prelims	W
5:15	110 Meter Hurdle Prelims	M
5:30	100 Meter Dash Prelims	W
5:45	100 Meter Dash Prelims	M
6:00	4 x 800 Meter Relay	W
6:15	4 x 800 Meter Relay	M
6:30	10,000 Meter Run	W
7:25	10,000 Meter Run	M

Friday

Time	Field Events	
2:00	Pole Vault	W
	Hammer	M
	Javelin	W
5:00	Pole Vault	M
	Hammer	W
	Javelin	M

Friday

Heptathlon Day 1	
1:00	100 Hurdles
(1:45)	High Jump
(3:15)	Shot Put
(4:45)	200 Meters
Decathlon Day 1	
1:15	100 Meters
(2:00)	Long Jump
(3:30)	Shot Put
(5:00)	High Jump
(6:30)	400 Meters

Saturday

Time	Track Events	
12:30	3,000 Meter Steeplechase	W
1:00	3,000 Meter Steeplechase	M
1:30	4 x 100 Meter Relay	W
1:40	4 x 100 Meter Relay	M
1:50	1500 Meter Run	W
2:05	1500 Meter Run	M
2:20	100 Meter Hurdle Finals	W
2:25	110 Meter Hurdle Finals	M
2:35	400 Meter Dash	W
2:45	400 Meter Dash	M
2:55	100 Meter Dash Final	W
3:00	100 Meter Dash Final	M
3:05	800 Meter Run	W
3:20	800 Meter Run	M
3:40	400 Meter Hurdles	W
3:55	400 Meter Hurdles	M
4:15	200 Meter Dash	W
4:25	200 Meter Dash	M
4:35	5,000 Meter Run	W
5:00	5,000 Meter Run	M
5:20	4 x 400 Meter Relay	W
5:30	4 x 400 Meter Relay	M

Saturday

Time	Field Events	
12:00	Shot	W
	Discus	M
	Long Jump	W
	Long Jump	M
	High Jump	M
2:30	Shot	M
	Discus	W
	Triple Jump	W
	Triple Jump	M
	High Jump	W

Saturday

Heptathlon Day 2	
9:00	Long Jump
(10:30)	Javelin
(11:45)	800
Decathlon Day 2	
9:00	110m Hurdles
(9:45)	Discus
(11:00)	Pole Vault
(1:30)	Javelin
(3:00)	1500

6:00ish Awards Ceremony