

# GPAC Outdoor Track & Field Championships

Bulldog Stadium at Concordia University, Seward, NE

Friday and Saturday, April 30 - May 1, 2021

## Friday, April 30, 2021

### Running Events

|      |                         |   |
|------|-------------------------|---|
| 5:00 | 100 Meter Hurdle Prelim | W |
| 5:15 | 110 Meter Hurdle Prelim | M |
| 5:30 | 100 Meter Dash Prelim   | W |
| 5:45 | 100 Meter Dash Prelim   | M |
| 6:00 | 4x800m Relay            | W |
| 6:15 | 4x800m Relay            | M |
| 6:30 | 10,000 Meter Run        | W |
| 7:25 | 10,000 Meter Run        | M |

### Field Events

|      |               |   |
|------|---------------|---|
| 1:30 | Pole Vault    | W |
| 2:00 | Hammer Throw  | M |
| 3:00 | Javelin Throw | W |
| 3:00 | Long Jump     | M |
| 4:00 | Hammer Throw  | W |
| 5:00 | Pole Vault    | M |
| 5:00 | Javelin Throw | M |
| 5:00 | Long Jump     | W |

### Heptathlon

|         |                              |   |
|---------|------------------------------|---|
| 11:30   | 100 Meter Hurdles            | W |
| (12:15) | High Jump                    | W |
| (2:15)  | Shot Put (2 rings if needed) | W |
| (3:30)  | 200 Meters                   | W |

### Decathlon

|        |                              |   |
|--------|------------------------------|---|
| 12:30  | 100 Meters                   | M |
| (1:15) | Long Jump                    | M |
| (2:30) | Shot Put (2 rings if needed) | M |
| (3:45) | High Jump                    | M |
| (5:45) | 400 Meters                   | M |

## Saturday, May 1, 2021

### Running Events

|      |                      |   |
|------|----------------------|---|
| 1:00 | 3,000m Steeplechase  | W |
| 1:15 | 3,000m 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 | 100m Hurdle Finals   | W |
| 2:25 | 110m 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 | 5000 Meter Run       | W |
| 5:00 | 5000 Meter Run       | M |
| 5:20 | 4 x 400 Meter Relay  | W |
| 5:30 | 4 x 400 Meter Relay  | M |

### Field Events

|       |              |   |
|-------|--------------|---|
| 12:00 | Shot Put     | W |
| 12:00 | High Jump    | M |
| 12:00 | Triple Jump  | W |
| 1:00  | Discus Throw | M |
| 2:30  | High Jump    | W |
| 2:30  | Triple Jump  | M |
| 3:00  | Shot Put     | M |
| 3:30  | Discus Throw | W |

### Heptathlon

|         |               |   |
|---------|---------------|---|
| 9:00    | Long Jump     | W |
| (10:30) | Javelin Throw | W |
| (11:45) | 800 Meters    | W |

### Decathlon

|         |                   |   |
|---------|-------------------|---|
| 9:00    | 110 Meter Hurdles | M |
| (9:45)  | Discus Throw      | M |
| (11:00) | Pole Vault        | M |
| (1:30)  | Javelin Throw     | M |
| (3:00)  | 1500 Meters       | M |

6:00 Awards Ceremony

