

2019 GNAC Indoor Track and Field Championships



As of February 12 (FINAL)

FRIDAY, FEB. 15

Heptathlon:

9:00 a.m.	60 Meters
9:45 a.m.	Long Jump*
11:00 a.m.	Shot Put*
12:10 p.m.	High Jump*

Pentathlon:

9:15 a.m.	60 Hurdles
10:00 a.m.	High Jump*
12:00 p.m.	Shot Put*
1:00 p.m.	Long Jump*
2:15 p.m.	800 Meters*

Field Events:

2:45 p.m.	Weight Throw-Women
3:45 p.m.	Pole Vault-Men
4:15 p.m.	Long Jump-Men
4:30 p.m.	High Jump-Women
5:30 p.m.	Weight Throw-Men
5:40 p.m.	Long Jump-Women

Running Events:

2:00 p.m.	National anthems
2:15 p.m.	Pentathlon 800 Meters (approx.)
2:30 p.m.	Women's 60 Hurdles (Prelims)
2:45 p.m.	Men's 60 Hurdles (Prelims)
3:05 p.m.	Women's 60 (Prelims)
3:20 p.m.	Men's 60 (Prelims)
3:35 p.m.	Women's 400 (Prelims)
4:05 p.m.	Men's 400 (Prelims)
4:35 p.m.	Women's 800 (Prelims)
4:50 p.m.	Men's 800 (Prelims)
5:05 p.m.	Women's 200 (Prelims)
5:35 p.m.	Men's 200 (Prelims)
6:05 p.m.	Women's 5,000 (Final)
6:30 p.m.	Men's 5,000 (Final)
6:55 p.m.	Women's Distance Medley (Final)
7:15 p.m.	Men's Distance Medley (Final)

SATURDAY, FEB. 16

Heptathlon:

8:45 a.m.	60 Hurdles
9:20 a.m.	Pole Vault*
12:10 p.m.	1,000 Meter Run*

Field Events:

10:00 a.m.	High Jump-Men
10:05 a.m.	Shot Put-Women
10:15 a.m.	Triple Jump-Women
12:00 p.m.	Pole Vault-Women
12:25 p.m.	Triple Jump-Men
12:30 p.m.	Shot Put-Men

Running Events:

11:00 a.m.	National anthems
11:10 a.m.	Women's Mile (Final)
11:30 a.m.	Men's Mile (Final)
11:50 a.m.	Women's 60 Hurdles (Final)
12:00 p.m.	Men's 60 Hurdles (Final)
12:10 p.m.	<i>Heptathlon: 1,000 (approx.)</i>
12:15 p.m.	Women's 400 (Final)
12:25 p.m.	Men's 400 (Final)
12:30 p.m.	Women's 60 (Final)
12:40 p.m.	Men's 60 (Final)
12:50 p.m.	Women's 800 (Final)
1:00 p.m.	Men's 800 (Final)
1:10 p.m.	Women's 200 (Final)
1:20 p.m.	Men's 200 (Final)
1:30 p.m.	Women's 3000 Heat 1 (Final)
1:45 p.m.	Women's 3000 Heat 2 (Final)
2:00 p.m.	Men's 3000 Heat 1 (Final)
2:15 p.m.	Men's 3000 Heat 2 (Final)
2:30 p.m.	Women's 4x400 (Final)
2:45 p.m.	Men's 4x400 (Final)
3:15 p.m.	Awards ceremony

* Estimated start time. Each event will begin 30 minutes after the previous event has finished per meet referee.