

GLVC INDOOR TRACK CHAMPIONSHIP TIME SCHEDULE

Friday

9:00 Coaches Meeting

Combined Events

11:00 Women's Pentathlon

11:25 Men's Heptathlon

Field Events

5:00 Women's Weight Throw (men to follow)

5:00 Men's Long Jump (women to follow)

5:00 Men's Pole Vault

Running Events

5:30 Women's Distance Medley

5:45 Men's Distance Medley

6:05 Women's 55m Dash Prelims

6:20 Men's 55m Dash Prelims

6:30 Women's 55m Hurdle Prelims

6:45 Men's 55m Hurdle Prelims

7:00 Women's 5000m Run

7:25 Men's 5000m Run

7:50 Women's 4 x 200m Relay

8:00 Men's 4 x 200m Relay

Saturday

Combined Events

8:30 Men's Heptathlon Day Two

Field Events

11:30 Women's High Jump (men to follow)

11:30 Men's Triple Jump (women to follow)

1:30 Women's Pole Vault

1:30 Men's Shot Put (women to follow)

1:00 Coaches' Meeting

Running Events

3:00 Women's Mile Run

3:25 Men's Mile Run

3:50 Women 55m Hurdle FINAL

3:55 Men 55m Hurdle FINAL

4:00 Women 400m Dash

4:15 Men 400m Dash

4:30 Women 55m Dash FINAL

4:35 Men 55m Dash FINAL

4:40 Women 800m Run

4:55 Men 800m Run

5:10 Women 200m Dash

5:25 Men 200m Dash

5:40 Women 3000m Run

6:05 Men 3000m Run

6:45 Women 4 x 400 Relay

6:55 Men 4 x 400 Relay

7:15 AWARDS Begin PRESENTING EVENT CHAMPIONS

7:30 TEAM CHAMPION AWARDS and INDIVIDUAL GLVC HONORS