

## GNAC 2011 Indoor Meet Schedule

### Friday February 18<sup>th</sup>

Multi-Events

#### Heptathlon

10:15 AM	60 Dash
10:55 AM	Long Jump
12:15 AM	Shot Put
1:30 PM	High Jump

#### Pentathlon

10:45 AM	60 Hurdles
11:25 AM	High Jump
1:15 PM	Shot Put
2:30 PM	Long Jump
4:10 PM	800 m

### Saturday February 19<sup>th</sup>

Multi-Events Heptathlon

8:00 AM-60M Hurdles	8:40 AM-Pole Vault	11:20 PM-1,000M or TBA
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### Friday February 18<sup>th</sup>

#### Field Events

Women's Weight Throw-Final	4:15 PM
Women's Long Jump-Final	4:15 PM
Men's High Jump- Final	4:15 PM
Women's Pole Vault-Final	5:00 PM
Men's Long Jump-Final	5:00 PM
Men's Shot Put- Final	6:00 PM

### Saturday February 19<sup>th</sup>

#### Field Events

Men's Weight Throw-Final	10:00 AM
Women's Triple Jump-Final	10:00 AM
Men's Pole Vault-Final	11:00 AM
Women's High Jump -Final	11:15 AM
Women's Shot Pit -Final	11:15 AM
Men's Triple Jump-Final	11:15 AM

#### Running Events

60m Hurdles	M	Trial	6:30 PM
60M Hurdles	W	Trial	6:40 PM
60 M Dash	M	Trial	6:55 PM
60 M Dash	W	Trial	7:05 PM
DM Relay	M	Final	7:15 PM
DM Relay	W	Final	7:30 PM

#### Running Events

Opening Ceremony			11:00 AM
1000M Run HEP		Final	11:20 AM or TBA
Mile Run	M	Final	11:25 AM
Mile Run	W	Final	11:35 AM
60M Hurdles	M	Final	11:45 AM
60 M Hurdles	W	Final	11:55 AM
400 M Dash	M	Final	12:05 PM
400 M Dash	W	Final	12:15 PM
60 M Dash	M	Final	12:25 PM
60 M Dash	W	Final	12:30 PM
800 M Run	M	Final	12:40 PM
800 M Run	W	Final	12:50 PM
200 M Dash	M	Final	1:00 PM
200 M Dash	W	Final	1:10 PM
5,000 M Run	M	Final	1:25 PM
5,000 M Run	W	Final	1:45 PM
1600 Relay	M	Final	2:10 PM
1600 Relay	W	Final	2:20 PM
Awards Ceremony			2:50 PM