

**Great Northwest Athletic Conference
Outdoor Track and Field Championship Meet Schedule (May 13-14, 2011)**

FRIDAY

Running Events:

4:40 pm	Opening
4:45 pm	Men's Steeplechase
5:00 pm	Women's Steeplechase
5:15 pm	Men's 110H Semis
5:30 pm	Women's 100H Semis
5:45 pm	Men's 400 Semis
5:55 pm	Women's 400 Semis
6:10 pm	Men's 100 Semis
6:20 pm	Women's 100 Semis
6:30 pm	Men's 800 Semis
6:45 pm	Women's 800 Semis
7:00 pm	Men's 400H Semis
7:15 pm	Women's 400H Semis
7:30 pm	Men's 200 Semis
7:45 pm	Women's 200 Semis
8:00 pm	Men's 10,000
8:45 pm	Women's 10,000

Field Events:

4:00 pm	Shot Put-Men
4:00 pm	Discus-Women (men to follow)
5:10 pm	Javelin-Women
5:25 pm	Pole Vault-Women
5:35 pm	Long Jump-Women
6:00 pm	High Jump-Men
6:15 pm	Long Jump-Men

SATURDAY

Running Events:

12:25 pm	Opening
12:30 pm	Men's 4x100
12:35 pm	Women's 4x100
12:40 pm	Men's 1500
12:50 pm	Women's 1500
1:00 pm	Men's 110H
1:10 pm	Women's 100H
1:15 pm	Men's 400
1:20 pm	Women's 400
1:25 pm	Men's 100
1:33 pm	Women's 100
1:40 pm	Men's 800
1:45 pm	Women's 800
1:55 pm	Men's 400H
2:05 pm	Women's 400H
2:10 pm	Men's 200
2:15 pm	Women's 200
2:20 pm	Men's 5000
2:45 pm	Women's 5000
3:15 pm	Men's 4x400
3:25 pm	Women's 4x400

Field Events:

10:45 am	Hammer- Women
11:45 pm	Triple Jump-Women
12:03 pm	Javelin- Men
12:12 pm	Pole Vault-Men
12:30 pm	High Jump-Women
12:45 pm	Hammer- Men
1:15 pm	Shot Put-Women
1:35 pm	Triple Jump-Men