

2023 GNAC Indoor Track and Field Championships

As of 2/17/23 FINAL



PRACTICE

Feb. 19 3:00-6:00 p.m.
Feb. 20 9:00-11:00 a.m.*

*Monday's practice must not interfere with the combined event.

MONDAY, FEB. 20

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:

2:20 p.m. Long Jump-Men
2:30 p.m. Weight Throw-Women
3:15 p.m. Pole Vault-Women
5:00 p.m. High Jump-Men
4:45 p.m. Long Jump-Women
5:15 p.m. Weight Throw-Men

Running Events:

2:00 p.m. National anthems
2:15 p.m. Pentathlon 800 Meters (approx.)
2:30 p.m. Men's 60 Hurdles (Prelims)
2:40 p.m. Women's 60 Hurdles (Prelims)
2:55 p.m. Men's 60 (Prelims)
3:05 p.m. Women's 60 (Prelims)
3:30 p.m. Men's 400 (Prelims)
3:45 p.m. Women's 400 (Prelims)
4:00 p.m. Men's 800 (Prelims)
4:15 p.m. Women's 800 (Prelims)
4:30 p.m. Men's 200 (Prelims)
4:45 p.m. Women's 200 (Prelims)
5:05 p.m. Men's 5,000 (Final)
5:35 p.m. Women's 5,000 (Final)
6:05 p.m. Men's Distance Medley (Final)
6:30 p.m. Women's Distance Medley (Final)

Weights and Measures

Sunday: 3 p.m. to 6 p.m. **Monday:** 10:30 a.m. to 12:30 p.m.
Tuesday: 8:00 a.m. to 10:30 a.m. *Pent/Hep due Sunday

TUESDAY, FEB. 21

Heptathlon:

8:30 a.m. 60 Hurdles
9:05 a.m. Pole Vault*
11:30 a.m. 1,000 Meter Run*

Field Events:

9:30 a.m. High Jump-Women
10:05 a.m. Shot Put-Women
10:10 a.m. Triple Jump-Men
12:25 p.m. Pole Vault-Men
12:30 p.m. Shot Put-Men
12:45 p.m. Triple Jump-Women

Running Events:

10:55 a.m. National anthems
11:00 a.m. Men's Mile (Final)
11:15 a.m. Women's Mile (Final)
11:30 a.m. *Heptathlon: 1,000 (approx.)*
11:50 a.m. Men's 60 Hurdles (Final)
12:00 p.m. Women's 60 Hurdles (Final)
12:10 p.m. Men's 60 (Final)
12:15 p.m. Women's 60 (Final)
12:35 p.m. Men's 400 (Final)
12:45 p.m. Women's 400 (Final)
12:55 p.m. Men's 800 (Final)
1:05 p.m. Women's 800 (Final)
1:15 p.m. Men's 200 (Final)
1:20 p.m. Women's 200 (Final)
1:25 p.m. Men's 3000 Heat 1 (Final)
1:40 p.m. Men's 3000 Heat 2 (Final)
1:55 p.m. Women's 3000 Heat 1 (Final)
2:10 p.m. Women's 3000 Heat 2 (Final)
2:30 p.m. Men's 4x400 (Final)
2:45 p.m. Women's 4x400 (Final)
3:05 p.m. Awards ceremony

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