

2023 GNAC Outdoor Track & Field Championships



FINAL As of 5-10-23

Practice Time

No practice outside the following times at WOU:

Thursday, 2:00-6:00 p.m.

Friday 9:00 a.m.-10:00 a.m.

Saturday 9:00 a.m.- 10:00 a.m.

Implement Certification

Thursday 3:00 p.m.-6:00 p.m.

Friday 11:00 a.m.-4:00 p.m.

FRIDAY, MAY 12

Field Events:

- 1:15 p.m. Hammer -Men
- 1:30 p.m. Long Jump-Women
- 2:00 p.m. Shot Put-Women
- 3:00 p.m. Pole Vault-Men
- 4:00 p.m. High Jump-Women
- 4:30 p.m. Hammer -Women
- 5:00 p.m. Long Jump-Men
- 5:05 p.m. Shot Put-Men

FRIDAY, MAY 12

Running Events:

- 2:00 p.m. ***National anthems***
- 2:15 p.m. Men's Steeplechase Final
- 2:35 p.m. Women's Steeplechase Final
- 2:55 p.m. Men's 110 Hurdles Heat 1
- 3:00 p.m. Men's 110 Hurdles Heat 2
- 3:10 p.m. Women's 100 Hurdles Heat 1
- 3:15 p.m. Women's 100 Hurdles Heat 2
- 3:25 p.m. Men's 400 Prelim Heat 1
- 3:30 p.m. Men's 400 Prelim Heat 2
- 3:35 p.m. Women's 400 Prelim Heat 1
- 3:40 p.m. Women's 400 Prelim Heat 2
- 3:50 p.m. Men's 100 Prelim Heat 1
- 3:55 p.m. Men's 100 Prelim Heat 2
- 4:00 p.m. Women's 100 Prelim Heat 1
- 4:05 p.m. Women's 100 Prelim Heat 2
- 4:15 p.m. Men's 800 Prelim Heat 1
- 4:20 p.m. Men's 800 Prelim Heat 2
- 4:25 p.m. Men's 800 Prelim Heat 3
- 4:30 p.m. Women's 800 Prelim Heat 1
- 4:35 p.m. Women's 800 Prelim Heat 2
- 4:40 p.m. Women's 800 Prelim Heat 3
- 4:50 p.m. Men's 400 Hurdles Prelim Heat 1
- 4:55 p.m. Men's 400 Hurdles Prelim Heat 2
- 5:05 p.m. Women's 400 Hurdles Prelim Heat 1
- 5:10 p.m. Women's 400 Hurdles Prelim Heat 2
- 5:20 p.m. Men's 200 Prelim Heat 1
- 5:25 p.m. Men's 200 Prelim Heat 2
- 5:30 p.m. Women's 200 Prelim Heat 1
- 5:35 p.m. Women's 200 Prelim Heat 2
- 7:30 p.m. Men's 10,000 Final
- 8:15 p.m. Women's 10,000 Final

SATURDAY, MAY 13

Field Events:

11:30 a.m.	Javelin-Men
11:55 a.m.	Triple Jump-Men
12:00 p.m.	Discus - Women
2:00 p.m.	Javelin-Women
2:45 p.m.	Pole Vault-Women
3:00 p.m.	Discus -Men
3:10 p.m.	High Jump-Men
3:15 p.m.	Triple Jump-Women

SATURDAY, MAY 13

Running Events:

1:30 p.m.	<i>National anthems</i>
1:40 p.m.	Men's 4x100
1:50 p.m.	Women's 4x100
2:00 p.m.	Men's 1500 Final
2:15 p.m.	Women's 1500 Final
2:25 p.m.	Men's 110 Hurdles Final
2:35 p.m.	Women's 100 Hurdles Final
2:45 p.m.	Men's 400 Final
2:55 p.m.	Women's 400 Final
3:05 p.m.	Men's 100 Final
3:10 p.m.	Women's 100 Final
3:15 p.m.	Men's 800 Final
3:20 p.m.	Women's 800 Final
3:30 p.m.	Men's 400 Hurdles Final
3:40 p.m.	Women's 400 Hurdles Final
3:50 p.m.	Men's 200 Final
3:55 p.m.	Women's 200 Final
4:05 p.m.	Men's 5000 Final
4:25 p.m.	Women's 5000 Final
4:55 p.m.	Men's 4x400
5:00 p.m.	Women's 4x400
5:15 p.m.	<i>Awards Ceremony</i>