

# 2021 GNAC Outdoor Track & Field Championships



FINAL As of 5-12-21

## Practice Time

***No practice outside the following times at WOU:***

Thursday, teams assigned slots

Friday 9:00 a.m.-11:00 a.m. (oval only)

Saturday 9:00 a.m.- 11:00 a.m. (oval only)

## Implement Certification

Thursday 2:00 p.m.-6:30 p.m.

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

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## FRIDAY, MAY 14

### Field Events:

12:00 p.m.	Long Jump-Men
12:15 p.m.	Long Jump-Women
1:15 p.m.	Discus-Men
2:15 p.m.	Shot Put-Women
3:00 p.m.	Pole Vault-Men
4:00 p.m.	High Jump-Women
4:15 p.m.	Discus-Women
5:20 p.m.	Shot Put-Men

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## FRIDAY, MAY 14

### Running Events:

1:25 p.m.	<b><i>National anthems</i></b>
1:45 p.m.	Men's Steeplechase Final
2:15 p.m.	Women's Steeplechase Final
2:50 p.m.	Men's 110 Hurdles Heat 1
2:55p.m.	Men's 110 Hurdles Heat 2
3:05 p.m.	Women's 100 Hurdles Heat 1
3:10 p.m.	Women's 100 Hurdles Heat 2
3:20 p.m.	Men's 400 Prelim Heat 1
3:30 p.m.	Men's 400 Prelim Heat 2
3:40 p.m.	Women's 400 Prelim Heat 1
3:50 p.m.	Women's 400 Prelim Heat 2
4:00 p.m.	Men's 100 Prelim Heat 1
4:05 p.m.	Men's 100 Prelim Heat 2
4:10 p.m.	Men's 100 Prelim Heat 3
4:15 p.m.	Women's 100 Prelim Heat 1
4:20 p.m.	Women's 100 Prelim Heat 2
4:30 p.m.	Men's 800 Prelim Heat 1
4:40 p.m.	Men's 800 Prelim Heat 2
4:50 p.m.	Men's 800 Prelim Heat 3
	No Prelim in Women's 800
5:00 p.m.	Men's 400 Hurdles Prelim Heat 1
5:10 p.m.	Men's 400 Hurdles Prelim Heat 2
5:20 p.m.	Men's 400 Hurdles Prelim Heat 3
5:30 p.m.	Women's 400 Hurdles Prelim Heat 1
5:40 p.m.	Women's 400 Hurdles Prelim Heat 2
5:50 p.m.	Men's 200 Prelim Heat 1
6:00 p.m.	Men's 200 Prelim Heat 2
6:10 p.m.	Men's 200 Prelim Heat 3
6:20 p.m.	Women's 200 Prelim Heat 1
6:30 p.m.	Women's 200 Prelim Heat 2
6:40 p.m.	Men's 10,000 Final
7:30 p.m.	Women's 10,000 Final

## SATURDAY, MAY 15

### Field Events:

12:05 p.m.	Javelin-Men
12:15 p.m.	Triple Jump-Men
12:20 p.m.	Triple Jump -Women
12:45 p.m.	Hammer-Men
2:55 p.m.	Javelin-Women
4:00 p.m.	Hammer-Women
4:15 p.m.	High Jump-Men
4:40 p.m.	Pole Vault-Women

## SATURDAY, MAY 15

### Running Events:

2:05 p.m.	<b>National anthems</b>
2:15 p.m.	Men's 4x100
2:25 p.m.	Women's 4x100
2:35 p.m.	Men's 1500 Final
2:55 p.m.	Women's 1500 Final
3:20 p.m.	Men's 110 Hurdles Final
3:30 p.m.	Women's 100 Hurdles Final
3:40 p.m.	Men's 400 Final
3:50 p.m.	Women's 400 Final
4:00 p.m.	Men's 100 Final
4:10 p.m.	Women's 100 Final
4:20 p.m.	Men's 800 Final
4:30 p.m.	Women's 800 Final
4:50 p.m.	Men's 400H Final
5:05 p.m.	Women's 400H Final
5:20 p.m.	Men's 200 Final
5:30 p.m.	Women's 200 Final
5:40 p.m.	Men's 5000 Final
6:10 p.m.	Women's 5000 Final
6:50 p.m.	Men's 4x400
7:00 p.m.	Women's 4x400
<b>7:15 p.m.</b>	<b>Awards Ceremony</b>