

5-14-2011

# 2011 Great Northwest Athletic Conference Outdoor Track and Field Championship Meet

Great Northwest Athletic Conference

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**2011 Great Northwest Athletic Conference  
Outdoor Track and Field Championship Meet (May 14-15 at Monmouth)**

**FRIDAY**

**Running Events:**

5:00 pm        Opening  
 5:05 pm        Men's 110H  
 5:20 pm        Women's 100H  
 5:30 pm        Men's 400  
 5:40 pm        Women's 400  
 5:50 pm        Men's 100  
 6:00 pm        Women's 100  
 6:10 pm        Men's 800  
 6:25 pm        Women's 800  
 6:40 pm        Men's 400H  
 6:50 pm        Women's 400H  
 7:00 pm        Men's 200  
 7:10 pm        Women's 200  
 7:30 pm        Men's 10,000  
 8:15 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:**

11:45 am      Opening  
*11:50 am      Awards*  
 12:00 pm      Men's Steeple  
 12:15 pm      Women's Steeple  
 12:30 pm      Men's 4x100  
 12:35 pm      Women's 4x100  
 12:40 pm      Men's 1500  
 12:50 pm      Women's 1500  
*12:55 pm      Awards*  
 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  
 1:27 pm        Women's 100  
*1:30 pm        Awards*  
 1:35 pm        Men's 800  
 1:40 pm        Women's 800  
*1:43 pm        Awards*  
 1:50 pm        Men's 400H  
 1:55 pm        Women's 400H  
 2:00 pm        Men's 200  
 2:05 pm        Women's 200  
 2:10 pm        Men's 5000  
 2:30 pm        Women's 5000  
*3:05 pm        Awards*  
 3:10 pm        Men's 4x400  
 3:17 pm        Women's 4x400  
*3:25 pm        Individual Awards*  
*3:30 pm        GNAC Individuals*  
*3:35 pm        Team Awards*

**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