



Great Lakes Intercollegiate Athletic Conference
INDOOR TRACK & FIELD CHAMPIONSHIPS
Time Schedule

Friday, February 27, 2009

Women's Pentathlon

10:00am 60m hurdles
10:45am* High jump
1:15pm* Shot put
2:30pm* Long jump
3:45pm* 800m run

Men's Heptathlon

10:25am 60m dash
11:10am* Long jump
12:40pm * Shot put
1:10pm* High jump

*Times will be adjusted to allow for the required 30-minute break in between events.

Running Events

3:50pm W - 5000m (heat 1, if necessary)
4:15pm M - 5000m (heat 1, if necessary)
4:35pm W - 60m hurdle prelims
4:45pm M - 60m hurdle prelims
5:00pm W - 400m prelims
5:15pm M - 400m prelims
5:30pm W - 60m dash prelims
5:45pm M - 60m dash prelims
6:00pm W - 5000m run final
6:25pm M - 5000m run final
6:50pm W - 200m dash prelims
7:05pm M - 200m dash prelims
7:20pm W - Distance Medley Relay
7:35pm M - Distance Medley Relay

Field Events

4:00pm W - Weight Throw
4:00pm M - Long Jump
4:00pm W - Pole Vault
6:00pm M - Weight Throw (following W-WT)
6:00pm W - Long Jump (following M-LJ)

Saturday, February 28, 2009

Running Events

12:00pm W - Mile run final
12:15pm M - Mile run final
12:30pm W - 60m hurdle final
12:35pm M - 60m hurdle final
12:45pm W - 400m dash final
12:50pm M - 400m dash final
1:00pm W - 60m dash final
1:05pm M - 60m dash final
1:15pm W - 800m run final
1:25pm M - 800m run final
1:35pm W - 200m dash final
1:40pm M - 200m dash final
1:45pm W - 3000m run final
2:10pm M - 3000m run final
2:35pm W - 1600m relay final
2:45pm M - 1600m relay final
3:15pm Awards

Men's Heptathlon

8:00am 60m hurdles
8:45am* Pole vault
11:15am * 1000m

*Times will be adjusted to allow for the required 30-minute break between events.

Field Events

11:30am W - High Jump
11:30am M - Triple Jump
11:30am W - Shot Put
12:15pm M - Pole Vault
1:30pm W - Triple Jump (following M-TJ)
1:30pm M - Shot Put (following W - SP)
1:30pm M - High Jump