



GREAT LAKES INTERCOLLEGIATE ATHLETICS CONFERENCE
INDOOR TRACK AND FIELD CHAMPIONSHIP
HOSTED BY GRAND VALLEY STATE UNIVERSITY

Saturday February 23rd, 2013

Women's Pentathlon

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

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

Running Events

3:45 pm National Anthem/Sportsmanship Statement
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

Sunday February 24th, 2013

Running Events

1:10 pm National Anthem/Sportsmanship Statement
1:15pm W – Mile run final
1:30pm M – Mile run final
1:45pm W – 60m hurdle final
1:50pm M – 60m hurdle final
2:00pm W – 400m dash final
2:05pm M – 400m dash final
2:15pm W – 60m dash final
2:20pm M – 60m dash final
2:30pm W – 800m run final
2:40pm M – 800m run final
2:50pm W – 200m dash final
2:55pm M – 200m dash final
3:00pm W – 3000m run final
3:25pm M – 3000m run final
3:50pm W – 1600m relay final
4:00pm M – 1600m relay final
4:30pm Awards

Men's Heptathlon

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

Field Events

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

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)