

GPAC Indoor Track and Field Championships

Concordia University, Bulldog Field House
Friday and Saturday, February 15-16, 2019

Friday, February 15, 2019

Heptathlon

1:15	60 Meter Dash	M
(2:00)	Long Jump	M
(2:45)	Shot Put - 2 rings	M
(3:40)	High Jump - 2 pits	M

Pentathlon

1:00	60 Meter Hurdles	W
(1:40)	High Jump - 2 pits	W
(3:40)	Shot Put - 2 rings	W
(4:45)	Long Jump	W
(5:40)	800 Meters	W

Saturday, February 16, 2019

Heptathlon

9:00	60 Meter Hurdles	M
(9:45)	Pole Vault - 2 pits	M
(12:15)	1000 Meters	M

Running Events

11:15	<i>Head Coaches and Lead Officials Meeting</i>	
2:00	5000 Meter Run	W
2:30	5000 Meter Run	M
2:55	4 x 800 Meter Relay	W
3:10	4 x 800 Meter Relay	M
3:25	60 Meter Hurdle Prelim	W
3:40	60 Meter Hurdle Prelim	M
3:55	60 Meter Dash Prelim	W
4:05	60 Meter Dash Prelim	M
4:15	Mile Run	W
4:30	Mile Run	M
4:45	400 Meter Dash	W
5:00	400 Meter Dash	M
5:15	600 Meter Run	W
5:30	600 Meter Run	M
5:45	60 Meter Hurdle Final	W
5:50	60 Meter Hurdle Final	M
5:55	60 Meter Dash Final	W
6:00	60 Meter Dash Final	M
6:05	800 Meter Run	W
6:20	800 Meter Run	M
6:35	1000 Meter Run	W
6:45	1000 Meter Run	M
6:55	200 Meter Dash	W
7:10	200 Meter Dash	M
7:25	3000 Meter Run	W
7:40	3000 Meter Run	M
7:55	4 x 400 Meter Relay	W
8:10	4 x 400 Meter Relay	M
8:30	Awards Ceremony	

Field Events

12:00	Weight Throw	M	
12:00	Triple Jump	W	North Runway
12:00	Triple Jump	M	Infield Runway
2:00	Weight Throw	W	
2:00	Long Jump	W	North Runway
2:00	Long Jump	M	Infield Runway
2:00	Pole Vault	W	
2:00	High Jump	W	
4:00	Shot Put	M	
4:00	High Jump	M	
4:30	Pole Vault	M	
6:00	Shot Put	W	



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