



2014 GLVC OUTDOOR TRACK & FIELD CHAMPIONSHIPS

FRIDAY, MAY 2

Multi-Events Day 1

9:00 CT	Decathlon	100m
9:15	Heptathlon	100H
9:40	Decathlon	Long Jump
10:00	Heptathlon	High Jump
11:00	Decathlon	Shot Put
Noon	Decathlon	High Jump
12:40	Heptathlon	200m
1:45	Decathlon	400m

Field Events

12:30	Women's	Triple Jump
1:30	Women's	Shot Put
2:00	Women's	Pole Vault
2:30	Men's	Hammer Throw
2:30	Men's	Triple Jump
4:30	Women's	Hammer Throw
4:30	Men's	Pole Vault
5:30	Men's	Shot Put

Running Events

4:30	W/M	100m Prelims
AWARDS: WTJ, WSP, WPV, MHT, MTJ		
5:00	Women's	3K Steeple
5:30	Men's	3K Steeple
AWARDS: W/M 3K Steeple		
6:10	W/M	100/110H Prelims
6:30	W/M	200m Prelims
6:55	Women's	10K
AWARDS: WHT, MPV, MSP		
7:50	Men's	10K

SATURDAY, MAY 3

Multi-Events Day 2

9:00	Decathlon	110H
9:00	Heptathlon	Long Jump
9:45	Decathlon	Discus Throw
10:15	Heptathlon	Javelin
11:15	Decathlon	Pole Vault
11:20	Hepetahlon	800m
1:15	Decathlon	Javelin
2:20	Decathlon	1500m

Field Events

Noon	Women's	Discus Throw
1:00	Men's	Long Jump
1:00	Women's	High Jump
2:30	Women's	Javelin
3:00	Men's	Discus Throw
4:00	Men's	High Jump
4:00	Women's	Long Jump
5:30	Men's	Javelin

Running Events

2:45	NATIONAL ANTHEM	
AWARDS: 10K/WDT/MLJ/WHJ/MULTIS		
3:00	W/M	4x100m Relay
3:20	W/M	1500m
AWARDS: 4X100Mr, 1500m		
4:00	Men's	110H Final
4:10	Women's	100H Final
AWARDS: 110H, 100H, WJAV		
4:20	W/M	400m
4:40	W/M	100m Final
4:55	W/M	800m
AWARDS: 400m, 100m, 1500m, MDT		
5:20	W/M	400H
5:40	W/M	200m Final
5:55	Women's	5K
AWARDS: MHJ, WLJ, 400H, 200m		
6:40	Men's	5K
7:20	W/M	4x400m Relay
AWARDS: WLJ, MJAV, 5K, 4x400mR		
7:40	Postseason Honors & Team Trophy Ceremony	