



2018 GAC TRACK AND FIELD CHAMPIONSHIP

VISITOR'S GUIDE



SCHEDULE OF EVENTS

Thursday, April 19

MEN'S DECATHLON

(Times after 100 are approximate)

1:00-2:00 PM (Implement Weigh In)

2:00 PM 100 M
2:40 PM Long Jump
3:40 PM Shot Put
4:40 PM High Jump
5:40 PM 400 M

WOMEN'S HEPTATHLON

(Times after 100H are approximate)

2:30 PM 100 M Hurdles
3:10 PM High Jump
4:10 PM Shot Put
5:10 PM 200 M

Friday, April 20

MEN'S DECATHLON

(Times after 110H are approximate)

9:30-10:00 AM (Implement Weigh In)

10:00 AM 110 M Hurdles
10:40 AM Discus
11:30 AM Pole Vault
12:30 PM Javelin
1:15 PM 1,500 M

WOMEN'S HEPTATHLON

(Times after LJ are approximate)

10:00 AM Long Jump
11:00 AM Javelin
11:50 AM 800 M

FIELD EVENTS (MEN THEN WOMEN)

12:00-1:00 (Implement Weigh-In)

1:00 PM (Coaches Meeting)

1:30 PM Hammer
Discus - to follow Hammer
Javelin - to follow Discus

RUNNING EVENTS (MEN THEN WOMEN)

6:30 PM 3,000 M Steeple
7:00 PM 10,000 M

Saturday, April 21

FIELD EVENTS

10:00 AM Shot Put (M then W)
Long Jump (W then M)
High Jump (M then W)
12:00 PM Pole Vault (W then M)
Triple Jump (W then M -to follow PV)

RUNNING EVENTS (MEN THEN WOMEN)

12:00 PM 4 x 100 Relay
12:10 PM 1,500 M
12:40 PM 110 M Hurdles
12:55 PM 100 M Hurdles
1:05 PM 400 M
1:45 PM 100 M
2:10 PM 800 M
2:40 PM 400 M Hurdles
3:00 PM 200 M
3:40 PM 5,000 M
4:20 PM 4 x 400 Relay

