

Schedule of Events
Decathlon - Heptathlon
Great Lakes Intercollegiate Athletic Conference
Outdoor Track and Field Championships
Hillsdale College
April 28th – April 29th
2009

Wednesday April 29, 2009

Decathlon Day 1

2:00 Men's Decathlon 100m
2:40 Men's Decathlon Long Jump
4:05 Men's Decathlon Shot Put
5:00 Men's Decathlon High Jump
7:30 Men's Decathlon 400m

Heptathlon Day 1

2:10 Women's Heptathlon 100H
2:50 Women's Heptathlon High Jump
5:20 Women's Heptathlon Shot Put
6:20 Women's Heptathlon 200m

End Day 1

Thursday April 30, 2009

Decathlon Day 2

9:00 Men's Decathlon 110H
9:40 Men's Decathlon Discus Throw
10:45 Men's Decathlon Pole Vault
2:30 Men's Decathlon Javelin Throw
3:40 Men's Decathlon 1500m

Heptathlon Day 2

9:30 Women's Heptathlon Long Jump
11:00 Women's Heptathlon Javelin Throw
12:10 Women's Heptathlon 800m

End Day 2

The time schedule is made with the assumption of 12 athletes in the Decathlon and Heptathlon.

Note that this includes:

- 2 sets of HJ pits if needed = possible over lap or inside due to weather.
- 2 Shot Put rings if needed
- 2 Javelin runways due to possible over lap with open Javelin Throw (grass runways)
- Possibility of second PV pit set up inside if needed due to weather. (no sure)
- The meet running events have been moved 1 hour later on day 1 to avoid too much over lap from the Decathlon (if any) depending on number of athletes entered.
- This will allow the 10k to be run 1 hour later on day 1 (8:55pm) with possibility of cooler weather.