

**Schedule of Events**  
**Great Lakes Intercollegiate Athletic Conference**  
**Outdoor Track and Field Championships**  
**Hillsdale College**  
**April 29<sup>th</sup> – May 1st**  
**2009**

**Thursday April 30, 2009**

**Field Events**

3:00 Men's Hammer Throw  
Men's Long Jump  
Women's Javelin (grass runway)  
Women's Pole Vault  
  
5:00 Women's Hammer Throw  
Women's Long Jump  
Men's Javelin (grass runway)  
Men's High Jump

**Running Events**

4:00 Women's 3000 Steeplechase Final  
4:20 Men's 3000 Steeplechase Final  
4:35 Women's 1500m Preliminaries  
4:50 Men's 1500m Preliminaries  
5:05 Women's 100H Preliminaries  
5:15 Men's 110H Preliminaries  
5:25 Women's 400m Preliminaries  
5:40 Men's 400m Preliminaries  
5:55 Women's 100m Preliminaries  
6:10 Men's 100m Preliminaries  
6:25 Women's 800m Preliminaries  
6:40 Men's 800m Preliminaries  
7:00 Women's 400 IH Preliminaries  
7:15 Men's 400 IH Preliminaries  
7:35 Women's 200m Preliminaries  
7:50 Men's 200m Preliminaries  
8:05 Women's 10,000m Final  
8:55 Men's 10,000m Final

**Friday May 1, 2009**

**Field Events**

11:00 Men's Shot Put  
Women's Discus  
Men's Triple Jump  
Women's High Jump  
  
1:00 Women's Shot Put  
Men's Discus  
Women's Triple Jump  
Men's Pole Vault

**Running Events**

12:00 Women's 4x100m Relay Final  
12:05 Men's 4x100m Relay Final  
12:15 Women's 1500m Final  
12:25 Men's 1500m Final  
12:35 Women's 100m Hurdle Final  
12:40 Men's 110m Hurdle Final  
12:50 Women's 400m Final  
12:55 Men's 400m Final  
1:05 Women's 100m Final  
1:10 Men's 100m Final  
1:20 Women's 800m Final  
1:25 Men's 800m Final  
1:35 Women's 400m Hurdle Final  
1:40 Men's 400m Hurdle Final  
1:50 Women's 200m Final  
1:55 Men's 200m Final  
2:05 Women's 5000m Final  
2:30 Men's 5000m Final (Section 1)  
2:50 Men's 5000m Final (Section 2)  
3:15 Women's 4x400m Relay Final  
3:25 Men's 4x400m Relay Final  
3:35 Awards