

# GNAC OUTDOOR TRACK & FIELD CHAMPIONSHIPS

@ Saint Joseph's College of Maine  
SATURDAY/SUNDAY, APRIL 25th & 26th, 2026

## **Saturday, April 25th:**

1:00pm Coaches Meeting

1:00pm Weigh in for ALL throws implements (Shot, Disc, Hammer, Jav)

### **Field Events:**

2:00pm	Men's Discus	Women's Discus to follow
	Women's Javelin	Men's Javelin to follow
3:00pm	Men's Long Jump	Women's Long Jump to follow
3:00pm	Women's High Jump	Men's High Jump to follow

### **Running Events:**

4:30pm 100 Hurdles Prelims Women

4:45pm 110 Hurdles Prelims Men

5:00pm 100m Dash Prelims Women

5:10pm 100m Dash Prelims Men

5:30pm 4 X 800 meter relay Women then Men

6:00pm 10,000 meter run Women then Men

## **Sunday, April 26th:**

11:00am Coaches Meeting

### **Field Events:**

12:00pm	Men's Hammer	Women's Hammer to follow
12:00pm	Women's Shot	Men's Shot to follow
1:00pm	Men's Pole Vault	Women's Pole Vault to follow
2:00pm	Men's Triple Jump	Women's Triple Jump to follow

### **Running Events:**

12:00pm 3000 meter steeplechase Women

12:20pm 3000 meter steeplechase Men

12:40pm 4 X 100 meter relay Women

12:45pm 4 X 100 meter relay Men

12:50pm 1500 meter run Women

1:00pm 1500 meter run Men

1:10pm 100 meter hurdles (final) Women

1:20pm 110 meter hurdles (final) Men

1:30pm 400 meter run Women

1:40pm 400 meter run Men

1:50pm 100 meter dash (finals) Women

1:55pm 100 meter dash (finals) Men  
2:00pm 800 meter run Women  
2:10pm 800 meter run Men  
2:20pm 400 meter Hurdles Women  
2:30pm 400 meter Hurdles Men  
2:40pm 200 meter dash Women  
2:50pm 200 meter dash Men  
3:00pm 5000 meter run Women  
3:25pm 5000 meter run Men  
3:50pm 4 X 400 meter relay Women  
4:00pm 4 X 400 meter relay Men

#### AWARDS CEREMONY

4:30pm WOMEN'S CEREMONY FOLLOWED BY THE MEN'S CEREMONY

\*\* 4:15pm Coaches Meeting at Finish Line to Discus Conference Awards \*\*