



2022 GREAT LAKES INTERCOLLIGATE ATHLETICS CONFERENCE
INDOOR TRACK AND FIELD CHAMPIONSHIP
HOSTED BY GRAND VALLEY STATE UNIVERSITY

Saturday February 26th, 2022

Women's Pentathlon

10:00am 60m Hurdles
10:45am* High Jump (Two Pits if Necessary)
12:15pm* Shot Put
1:30pm* Long Jump
2:45pm* 800m Run

*Times will be adjusted to allow for the required 30-minute break in between events.

Running Events

2:50pm W – 5000m (heat 1, if necessary)
3:15pm M – 5000m (heat 1, if necessary)
3:35pm W – 60m Hurdle prelims
3:45pm M – 60m Hurdle prelims
4:00pm W – 400m prelims
4:15pm M – 400m prelims
4:30pm W – 60m Dash prelims
4:45pm M – 60m Dash prelims
5:00pm W – 5000m Run final
5:25pm M – 5000m Run final
5:50pm W – 200m Dash prelims
6:05pm M – 200m Dash prelims
6:20pm W – Distance Medley Relay
6:35pm M – Distance Medley Relay

Sunday March 27th, 2022

Running Events

12:15pm W – Mile Run final
12:30pm M – Mile Run final
12:45pm W – 60m Hurdle final
12:50pm M – 60m Hurdle final
1:00pm W – 400m Dash final
1:05pm M – 400m Dash final
1:15pm W – 60m Dash final
1:20pm M – 60m Dash final
1:30pm W – 800m Run final
1:40pm M – 800m Run final
1:50pm W – 200m Dash final
1:55pm M – 200m Dash final
2:00pm W – 3000m Run final
2:25pm M – 3000m Run final
2:50pm W – 1600m Relay final
3:00pm M – 1600m Relay final
TBA- Awards

Men's Heptathlon

10:25am 60m Dash
11:10am* Long Jump
12:40pm * Shot Put
1:10pm* High Jump (Two Pits if Necessary)

Field Events

3:00pm W – Weight Throw
3:00pm W – Long Jump
3:00pm M – Pole Vault
5:15pm M – Weight Throw
5:15pm M – Long Jump

Men's Heptathlon

9:00am 60m hurdles
9:45am* Pole Vault
1:15pm * 1000m
*Times will be adjusted to allow for the required 30-minute break between events.

Field Events

10:30am W – High Jump
10:30am M – High Jump
11:00am W – Shot Put
11:30am M – Triple Jump
12:45pm M – Shot Put
12:45pm W – Triple Jump
1:30pm W – Pole Vault