

NCAA Regional Track and Field Championships

May 25-26, 2007

Master Schedule (tentative)

FRIDAY

Field Events

Noon	Hammer	(M) Trials & Final
1:00pm	High Jump	(W) Final
3:00pm	Javelin (W)	
3:00pm	Pole Vault	(M) Final
6:00pm	Shot Put	(W) Trials & Final
6:00pm	Discus	(M) Trials & Final
6:00pm	Long Jump	(M) Trials & Final
6:00pm	Long Jump	(W) Trials & Final

SATURDAY

Field Events

Noon	Hammer	(W) Trials & Final
1:00pm	High Jump	(M) Final
3:00pm	Pole Vault	(W) Final
3:00pm	Javelin	(M) Trials & Final
6:00pm	Shot Put	(M) Trials & Final
6:00pm	Triple Jump	(M) Trials & Final
6:00pm	Triple Jump	(W) Trials & Final
7:00pm	Discus	(W) Trials & Final

- General warm ups: Throws 45 minutes; Jumps 45 minutes; Pole Vault 90 minutes
- Flight specific warm ups: Throws 15 minutes; Jumps 15 minutes
- Finals warm up: Throws 10 minutes; Jumps 10 minutes maximum

Track Events

3:00	4x100	(M) Prelims
3:15	4x100	(W) Prelims
3:30	1500m	(M) Prelims
3:50	1500m	(W) Prelims
4:10	110m Hurdles	(M) Prelims
4:30	100m Hurdles	(W) Prelims
4:50	100m	(M) Prelims
5:10	100m	(W) Prelims
5:30	400m	(M) Prelims
5:50	400m	(W) Prelims
6:10	800m	(M) Prelims
6:30	800m	(W) Prelims
6:50	400m Hurdles	(M) Prelims
7:10	400m Hurdles	(W) Prelims
7:30	200m	(M) Prelims
7:50	200m	(W) Prelims
8:10	5000m	(M) Finals
8:50	5000m	(W) Finals

Track Events

5:30	4x100	(M) Finals
5:40	4x100	(W) Finals
5:50	1500m	(M) Finals
6:00	1500m	(W) Finals
6:15	110m Hurdles	(M) Finals
6:25	100m Hurdles	(W) Finals
6:35	100m	(M) Finals
6:40	100m	(W) Finals
6:45	400m	(M) Finals
6:50	400m	(W) Finals
6:55	800m	(M) Finals
7:00	800m	(W) Finals
7:10	400m Hurdles	(M) Finals
7:20	400m Hurdles	(W) Finals
7:30	200m	(M) Finals
7:35	200m	(W) Finals
7:45	3000m Steeplechase	(M) Finals
8:10	3000m Steeplechase	(W) Finals
8:35	4x400	(M) Finals
8:50	4x400	(W) Finals