

*Tentative Schedule for NJCAA
Track and Field Championships
May 15-17, 2008*

Thursday, May 15

10:00 a.m. Heptathlon (100 m Hurdles,
High Jump, Shot Put, 200 m)

11:00 a.m. Decathlon (100 meters, L J ,
Shot Put, High Jump, 400 m)

8:00 p.m. 10,000 Meter Run (W) Final
8:45 p.m. 10,000 Meter Run (M) Final

Friday, May 16

9:00 a.m. Decathlon (110 m Hurdles,
Discus, PV, Javelin, 1500m)

9:00 a.m. Heptathlon (Long Jump,
Javelin, 800 m)

Field Events

10:00 a.m. Hammer (W)
10:00 a.m. Triple Jump (M)
10:00 a.m. Shot Put (M)
2:00 p.m. Hammer (M)
2:00 p.m. Triple Jump (W)
2:00 p.m. Shot Put (W)
3:00 p.m. Pole Vault (W)
4:00 p.m. Javelin (M)

Running Events

2:00 p.m. 3200 Meter Relay (W) Final
2:20 p.m. 3200 Meter Relay (M) Final
2:45 p.m. 400 Meter Relay (W) Prelim
3:00 p.m. 400 Meter Relay (M) Prelim
3:15 p.m. 1500 Meter Run (W) Prelim
3:30 p.m. 1500 Meter Run (M) Prelim
3:45 p.m. 400 Meter Dash (W) Prelim
4:00 p.m. 400 Meter Dash (M) Prelim
4:25 p.m. 100 Meter Hurdles (W) Prelim
4:40 p.m. 110 Meter Hurdles (M) Prelim
4:55 p.m. 100 Meter Dash (W) Prelim
5:10 p.m. 100 Meter Dash (M) Prelim
5:25 p.m. 800 Meter Run (W) Prelim
5:40 p.m. 800 Meter Run (M) Prelim
6:00 p.m. 400 Meter Hurdles (W) Prelim
6:10 p.m. 400 Meter Hurdles (M) Prelim
6:25 p.m. 200 Meter Dash (W) Prelim
6:40 p.m. 200 Meter Dash (M) Prelim
7:00 p.m. 3000m Steeplechase (W) Final
7:25 p.m. 3000m Steeplechase (M) Final
7:45 p.m. 1600 Meter Relay (W) Prelim
8:00 p.m. 1600 Meter Relay (M) Prelim

Saturday, May 17

Field Events

9:00 a.m. Javelin (W)
10:00 a.m. Discus (M)
10:00 a.m. Long Jump (W)
10:00 a.m. Pole Vault (M)
12:00 p.m. High Jump (W)
1:00 p.m. Long Jump (M)
1:00 p.m. Discus (W)
3:00 p.m. High Jump (M)

Running Events

1:00 p.m. 400 Meter Relay (W) Final
1:10 p.m. 400 Meter Relay (M) Final
1:20 p.m. 1500 Meter Run (W) Final
1:30 p.m. 1500 Meter Run (M) Final
1:40 p.m. 400 Meter Dash (W) Final
1:50 p.m. 400 Meter Dash (M) Final
2:05 p.m. 100 Meter Hurdles (W) Final
2:15 p.m. 110 Meter Hurdles (M) Final
2:30 p.m. 100 Meter Dash (W) Final
2:40 p.m. 100 Meter Dash (M) Final
2:50 p.m. 800 Meter Run (W) Final
3:00 p.m. 800 Meter Run (M) Final
3:15 p.m. 400 Meter Hurdles (W) Final
3:30 p.m. 400 Meter Hurdles (M) Final
3:45 p.m. 200 Meter Dash (W) Final
3:55 p.m. 200 Meter Dash (M) Final
4:05 p.m. 5,000 Meter Run (W) Final
4:35 p.m. 5,000 Meter Run (M) Final
5:00 p.m. 1600 Meter Relay (W) Final
5:10 p.m. 1600 Meter Relay (M) Final
5:30 p.m. TEAM AWARDS