

NWAACC TRACK & FIELD CHAMPIONSHIP MEET

Thursday – May 24, 2007
Initial Time Schedule

FIELD EVENTS: DAY 1

10:00 am	Women	Pole Vault (prelims and finals)
12:00 pm	Women	High Jump (finals)
	Women	Javelin (prelims and finals)
	Men	Long Jump (prelims and finals)
	Men	Hammer (prelims and finals)
2:00 pm	Women	Long Jump (prelims and finals)
	Women	Shot Put (prelims and finals)
	Men	Pole Vault (prelims and finals)
	Men	Discus (prelims and finals)

RUNNING EVENTS: DAY 1

10:00 am	Women	10,000 meter Run (finals)
11:00 am	Men	10,000 meter Run (finals)
12:40 pm	Women	100 meter High Hurdles (semi-finals)
12:50 pm	Men	110 meter High Hurdles (semi-finals)
1:10 pm	Women	400 meter Sprint (semi-finals)
1:20 pm	Men	400 meter Sprint (semi-finals)
1:40 pm	Women	100 meter Sprint (semi-finals)
1:50 pm	Men	100 meter Sprint (semi-finals)
2:10 pm	Women	800 meter Run (semi-finals)
2:25 pm	Men	800 meter Run (semi-finals)
2:45 pm	Women	400 meter Intermediate Hurdles (semi-finals)
2:55 pm	Men	400 meter Intermediate Hurdles (semi-finals)
3:15 pm	Women	200 meter Sprint (semi-finals)
3:25 pm	Men	200 meter Sprint (semi-finals)
3:45 pm	Women	3,000 meter Steeplechase (finals)
4:05 pm	Men	3,000 meter Steeplechase (finals)

NWAACC TRACK & FIELD CHAMPIONSHIP MEET

Friday – 25, 2007
Initial Time Schedule

FIELD EVENTS: DAY 2

11:00 am	Women	Triple Jump (prelims and finals)
	Women	Discus (prelims and finals)
	Men	High Jump (finals)
	Men	Shot Put (prelims and finals)
1:00 pm	Women	Hammer (prelims and finals)
	Men	Triple Jump (prelims and finals)
	Men	Javelin (prelims and finals)

RUNNING EVENTS: DAY 2

11:15 am	Women	400 meter Relay (finals)
11:20 am	Men	400 meter Relay (finals)
11:35 am	Women	1,500 meter Run (finals)
11:45 am	Men	1,500 meter Run (finals)
12:00 am	Women	100 meter High Hurdles (finals)
12:10 pm	Men	110 meter High Hurdles (finals)
12:25 pm	Women	400 meter sprint (finals)
12:35 pm	Men	400 meter sprint (finals)
12:50 pm	Women	100 meter sprint (finals)
12:55 pm	Men	100 meter sprint (finals)
1:10 pm	Women	800 meter run (finals)
1:20 pm	Men	800 meter run (finals)
1:35 pm	Women	400 meter Intermediate Hurdles (finals)
1:45 pm	Men	400 meter Intermediate Hurdles (finals)
2:00 pm	Women	200 meter Sprint (finals)
2:05 pm	Men	200 meter Sprint (finals)
2:20 pm	Women	5,000 meter Run (finals)
2:45 pm	Men	5,000 meter Run (finals)
3:00 pm	Women	1,600 meter Relay (finals)
3:10 pm	Men	1,600 meter Relay (finals)