

2008 National Junior College Indoor Track & Field Championships

Hosted by: Eastern Illinois University

March 7-8, 2008

SCHEDULE OF EVENTS

FRIDAY MARCH 7, 2008

APPROXIMATE TIME SCHEDULE (30 minutes break following each event)

PENTATHLON

	MEN		WOMEN
8-8:30am	Weigh-in	8-8:30am	Weigh-in
9:00am	60m Hurdles		
9:38am	Long Jump	9:10am	60m Hurdles
11:20am	Shot Put	9:48am	High Jump
12:26pm	High Jump	12:58pm	Shot Put
3:36pm	1000M	2:04pm	Long Jump
		3:46pm	800M

FIELD EVENTS

	Men		Women		
2:00-2:30pm	Weigh-in		2:00-2:30pm	Weigh-in	
3:00pm	Shot Put	Final	4:00pm	Pole Vault	Final
4:00pm	Long Jump	Final	5:30pm	Shot Put	Final
6:45pm	Pole Vault	Final	6:45pm	Long Jump	Final

RUNNING EVENTS

	Men		Women		
4:00pm	Distance Medley	Final			
4:35pm	5,000m Run	Final	4:15pm	Distance Medley	Final
5:20pm	60m Hurdles	semis	4:55pm	5,000m Run	Final
5:55pm	600m Run	semis	5:35pm	60m Hurdles	semis
6:25pm	60m Dash	semis	6:10pm	600m Run	semis
7:05pm	400m Dash	semis	6:45pm	60m Dash	semis
7:45pm	800m Run	semis	7:25pm	400m Dash	semis
8:15pm	200m Dash	semis	8:00pm	800m Run	semis
9:10pm	3,000m run	Finals	8:45pm	200m Dash	semis
9:45pm	1,000m run	semis	9:25pm	3,000m Run	Finals
			9:55pm	1,000m Run	semis

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SATURDAY MARCH 8, 2008

FIELD EVENTS

	Men		Women		
9:00am	Weight Throw	Finals	10:00am	High Jump	Finals
10:00am	Triple Jump	Finals	11:30am	Weight Throw	Finals
1:00pm	High Jump	Finals	1:00am	Triple Jump	Finals

RUNNING EVENTS

	Men		Women		
noon	4 x 800 Relay	Finals	12:15pm	4 x 800 Relay	Finals
12:35pm	60m Hurdles	Finals	12:45pm	60m Hurdles	Finals
12:55pm	One Mile Run	Finals	1:10pm	One Mile Run	Finals
1:25pm	600m Run	Finals	1:35pm	600m Run	Finals
1:45pm	60m dash	Fianls	1:55pm	60m Dash	Fianls
2:05pm	400m dash	Finals	2:15pm	400m Dash	Finals
2:25pm	800m Run	Finals	2:35pm	800m Run	Fianls
2:45pm	200m Dash	Finals	2:55pm	200m Dash	Finals
3:05pm	1,000m Run	Finals	3:15pm	1,000m Run	Finals
3:25pm	4 x 400 Relay	Finals	3:40pm	4 x 400 Relay	Finals
4:00pm	AWARDS CEREMONY				

Pentathlon Entries:

The competitive field in the men's and women's pentathlon will be fixed at sixteen (16) individuals. These sixteen (16) competitors will be selected from the rank order list of names and scores submitted for consideration by the deadline date. Scores can be computed from the composite of all of the individual competition events contested by the individual at a single day meet. The sixteen (16) individuals with the highest scores will be invited. Should any invited athlete choose not to compete the next highest ranking individual will be invited. This process will continue until the field of sixteen (16) is complete.