

**NCAA Regional Track and Field Championships
Midwest Regional
University of Nebraska, Lincoln
May 30-31, 2008**

Master Schedule

Friday, May 30

Field Events

1:00	Hammer	(W) Trials & Final
1:00	High Jump	(M) Final
5:00	Pole Vault	(W) Final
5:00	Shot Put	(M) Trials & Final
1:00	Javelin	(M) Trials & Final
5:00	Discus	(W) Trials & Final
1:00	Long Jump	(W) Trials & Final
5:00	Long Jump	(M) Trials & Final

Track Events

1:30	4x100	(W) Prelims
1:45	4x100	(M) Prelims
2:00	1500m	(W) Prelims
2:20	1500m	(M) Prelims
2:40	100m Hurdles	(W) Prelims
3:00	100m Hurdles	(M) Prelims
3:20	100m	(W) Prelims
3:40	100m	(M) Prelims
4:00	400m	(W) Prelims
4:20	400m	(M) Prelims
4:40	800m	(W) Prelims
5:00	800m	(M) Prelims
5:20	400m Hurdles	(W) Prelims
5:40	400m Hurdles	(M) Prelims
6:00	200m	(W) Prelims
6:20	200m	(M) Prelims
6:40	5000m	(W) Finals
7:20	5000m	(M) Finals

Saturday, May 31

Field Events

1:00	Hammer	(M) Trials & Final
1:00	High Jump	(W) Final
5:00	Pole Vault	(M) Final
5:00	Shot Put	(W) Trials & Final
1:00	Javelin	(W) Trials & Final
5:00	Discus	(M) Trials & Final
1:00	Triple Jump	(W) Trials & Final
5:00	Triple Jump	(M) Trials & Final

Track Events

4:00	4x100	(W) Finals
4:10	4x100	(M) Finals
4:20	1500m	(W) Finals
4:30	1500m	(M) Finals
4:45	100m Hurdles	(W) Finals
4:55	100m Hurdles	(M) Finals
5:05	100m	(W) Finals
5:10	100m	(M) Finals
5:15	400m	(W) Finals
5:20	400m	(M) Finals
5:25	800m	(W) Finals
5:30	800m	(M) Finals
5:40	400m Hurdles	(W) Finals
5:50	400m Hurdles	(M) Finals
6:00	200m	(W) Finals
6:05	200m	(M) Finals
6:15	3000m Steeplechase	(W) Finals
6:40	3000m Steeplechase	(M) Finals
7:05	4x400	(W) Finals
7:20	4x400	(M) Finals