

NCAA Regional Track and Field Championships
Mideast Regional
University of Arkansas, Fayetteville
May 30-31, 2008

Friday

Field Events

11:00am	Hammer	(W) Trials & Final
12:00pm	High Jump	(M) Final
	Shot Put	(M) Trials & Final
2:15pm	Javelin	(M) Trials & Final
3:15pm	Pole Vault	(W) Final
5:00pm	Long Jump	(W) Trials & Final
	Long Jump	(M) Trials & Final
6:15pm	Discus	(W) Trials & Final

Track Events

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

Saturday

Field Events

11:00am	Hammer	(M) Trials & Final
12:00pm	High Jump	(W) Final
	Shot Put	(W) Trials & Final
2:45pm	Javelin	(W) Trials & Final
	Pole Vault	(M) Final
4:00pm	Triple Jump	(W) Trials & Final
	Triple Jump	(M) Trials & Final
5:45pm	Discus	(M) Trials & Final

Track Events

5:00	4x100	(W) Finals
5:10	4x100	(M) Finals
5:20	1500m	(W) Finals
5:30	1500m	(M) Finals
5:45	100m Hurdles	(W) Finals
5:55	110m Hurdles	(M) Finals
6:05	100m	(W) Finals
6:10	100m	(M) Finals
6:15	400m	(W) Finals
6:20	400m	(M) Finals
6:25	800m	(W) Finals
6:30	800m	(M) Finals
6:40	400m Hurdles	(W) Finals
6:50	400m Hurdles	(M) Finals
7:00	200m	(W) Finals
7:05	200m	(M) Finals
7:15	3000m Steeplechase	(W) Finals
7:40	3000m Steeplechase	(M) Finals
8:05	4x400	(W) Finals
8:20	4x400	(M) Finals