

**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 |