

**NCAA Regional Track and Field Championships**  
**East Regional**  
**Florida State University**  
**May 30-31, 2008**

**FINAL SCHEDULE**  
**As of 5.28.2008**

**Friday**

**Field Events**

12:00	Discus	(W) Trials & Final
1:00	High Jump	(M) Final
2:00	Pole Vault	(W) Final
3:00	Shot Put	(M) Trials & Final
4:00	Long Jump	(W) Trials & Final
4:00	Long Jump	(M) Trials & Final
4:00	Javelin	(W) Trials & Final
7:15	Javelin	(M) Trials & Final

**Track Events**

3:30	4x100	(W) Prelims
3:50	4x100	(M) Prelims
4:05	1500m	(W) Prelims
4:25	1500m	(M) Prelims
4:50	100m Hurdles	(W) Prelims
5:15	110m Hurdles	(M) Prelims
5:35	100m	(W) Prelims
5:50	100m	(M) Prelims
6:05	400m	(W) Prelims
6:25	400m	(M) Prelims
6:50	800m	(W) Prelims
7:10	800m	(M) Prelims
7:35	400m Hurdles	(W) Prelims
8:05	400m Hurdles	(M) Prelims
8:30	200m	(W) Prelims
8:50	200m	(M) Prelims
9:15	5000m	(W) Finals
9:35	5000m	(M) Finals

**Saturday**

**Field Events**

10:00	Hammer	(M) Trials & Final
1:00	Hammer	(W) Trials & Final
1:00	High Jump	(W) Final
4:00	Shot Put	(W) Trials & Final
4:00	Pole Vault	(M) Final
4:00	Triple Jump	(W) Trials & Final
4:00	Triple Jump	(M) Trials & Final
6:00	Discus	(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	110m 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
7:15	4x400	(W) Finals
7:30	4x400	(M) Finals