



# 2007 NJCAA National Outdoor Track & Field Championships May 17-19, 2007

## Schedule of Events

### Thursday, May 17

10:00 a.m.	Women's Combined Events	(100 meter Hurdles, High Jump, Shot Put, 200 meters)
11:00 a.m.	Men's Combined Events	(100 meters, Long Jump, Shot Put, High Jump, 400 meters)
8:15 p.m.	10,000 Meter Run (W) Finals	
9:00 p.m.	10,000 Meter Run (M) Finals	

### Friday, May 18

8:30 a.m.	Men's Combined Events	(110 meter Hurdles, Discus, Pole Vault, Javelin, 1500 meters)
8:30 a.m.	Women's Combined Events	(Long Jump, Javelin, 800 meters)

#### Field Events

10:00 p.m.	Hammer (W)
10:00 p.m.	Long Jump (M)
10:00 p.m.	Shot Put (M)
11:00 p.m.	Pole Vault (W)
1:00 p.m.	High Jump (M)
2:00 p.m.	Hammer (M)
2:00 p.m.	Long Jump (W)
2:00 p.m.	Shot Put (W)

#### Track Events

2:00 p.m.	3200 Meter Relay (W) Final
2:20 p.m.	3200 Meter Relay (M) Final
2:45 p.m.	400 Meter Relay (W) Trials
3:00 p.m.	400 Meter Relay (M) Trials
3:15 p.m.	1500 Meter Run (W) Trials
3:30 p.m.	1500 Meter Run (M) Trials
3:45 p.m.	400 Meter Dash (W) Trials
4:00 p.m.	400 Meter Dash (M) Trials
4:25 p.m.	100 Meter Hurdles (W) Trials
4:40 p.m.	110 Meter Hurdles (M) Trials
4:55 p.m.	100 Meter Dash (W) Trials
5:10 p.m.	100 Meter Dash (M) Trials
5:25 p.m.	800 Meter Run (W) Trials
5:40 p.m.	800 Meter Run (M) Trials
6:00 p.m.	400 Meter Hurdles (W) Trials
6:10 p.m.	400 Meter Hurdles (M) Trials
6:25 p.m.	200 Meter Dash (W) Trials
6:40 p.m.	200 Meter Dash (M) Trials
7:00 p.m.	1600 Meter Relay (W) Trials
7:15 p.m.	1600 Meter Relay (M) Trials

### Saturday, May 19

#### Field Events

9:00 a.m.	Triple Jump (W)
9:00 a.m.	Discus (M)
9:00 a.m.	Javelin (W)
10:00 a.m.	Pole Vault (M)
12:00 a.m.	High Jump (W)
1:00 p.m.	Triple Jump (M)
1:00 p.m.	Discus (W)
1:00 p.m.	Javelin (M)

#### Track Events

12:00 p.m.	3000m Steeplechase (W) Final
12:25 p.m.	3000m Steeplechase (M) Final
12:50 p.m.	4 x 100 meter relay (W) Final
1:00 p.m.	4 x 100 meter relay (M) Final
1:10 p.m.	1500 meters (W) Final
1:20 p.m.	1500 meters (M) Final
1:30 p.m.	400 meters (W) Final
1:40 p.m.	400 meters (M) Final
1:50 p.m.	100 meter (W) Final
2:00 p.m.	100 meter (M) Final
2:15 p.m.	100 meter Hurdles (W) Final
2:25 p.m.	110 meter Hurdles (M) Final
2:35 p.m.	800 meters (W) Final
2:40 p.m.	800 meters (M) Final
2:55 p.m.	400 meter Hurdles (W) Final
3:05 p.m.	400 meter Hurdles (M) Final
3:20 p.m.	200 meters (W) Final
3:30 p.m.	200 meters (M) Final
3:40 p.m.	5000 meters (W) Final
4:10 p.m.	5000 meters (M) Final
4:35 p.m.	4 x 400 meter Relay (W) Final
4:45 p.m.	4 x 400 meter Relay (M) Final
5:05 p.m.	TEAM AWARDS