

**SCIAC Prelims
Tentative Time Schedule
Friday, April 25, 2008**

Running Events				Field Events (Finals)	
4:30	1500 Meters	M		3:45	Pole Vault M
4:45	1500 Meters	W			Discus W
5:00	110m High Hurdles	M			Hammer M
5:10	100m Hurdles	W			Long Jump W
5:20	400 Meters	M			
5:35	400 Meters	W			
5:45	100 Meters	M		6:00	Discus M
6:00	100 Meters	W			Long Jump M
6:15	800 Meters	M			Pole Vault W
6:30	800 Meters	W			Hammer W
6:45	400m Int. Hurdles	M			
6:55	400m Hurdles	W			
7:05	200 Meters	M			
7:20	200 Meters	W			
7:35	3000m Steeplechase	M	Final		
7:50	3000m Steeplechase	W	Final		

**SCIAC Championships
Tentative Time Schedule
Saturday, April 26, 2008**

Running Events			Field Events		
5:30	4 x 100m Relay	M	4:30	High Jump	M
5:35	4 x 100m Relay	W		Shot Put	M
5:40	1500 Meters	M		Javelin	W
5:50	1500 Meters	W		Triple Jump	W
6:00	110m High Hurdles	M			
6:10	100m Hurdles	W			
6:20	400 Meters	M	6:45	High Jump	W
6:25	400 Meters	W		Shot Put	W
6:35	100 Meters	M		Javelin	M
6:40	100 Meters	W		Triple Jump	M
6:50	800 Meters	M			
6:55	800 Meters	W			
7:05	400m Int. Hurdles	M			
7:10	400m Hurdles	W			
7:20	200 Meters	M			
7:25	200 Meters	W			
7:30	5000 Meters	M			
7:50	5000 Meters	W			
8:15	4 x 400m Relay	M			
8:20	4 x 400m Relay	W			