

2007 MIAC OUTDOOR CHAMPIONSHIP SCHEDULE

May 11-12, 2007

St. John's University - Collegeville, MN

Thursday, May 3 at Carleton

12:30	Decathlon	Men	Final
2:00	Heptathlon	Women	Final

Friday, May 4 at Carleton

10:30	Decathlon	Men	Final
2:00	Heptathlon	Women	Final

Friday, May 11 at Saint John's

1:00	Coaches Meeting		
2:00	Javelin	Women	Final
2:00	Hammer	Men	Final
2:00	Long Jump	Men	Final
2:00	Pole Vault	Women	Final
4:30	Shot Put	Women	Final
4:30	Discus	Men	Final
4:30	Long Jump	Women	Final
4:30	High Jump	Men	Final
2:00	400 M Relay	Women	Prelim
2:10	400 M Relay	Men	Prelim
2:20	1500 Meters	Women	Prelim
2:35	1500 Meters	Men	Prelim
2:55	100 M Hurdles	Women	Prelim
3:05	110 M Hurdles	Men	Prelim
3:20	400 Meters	Women	Prelim
3:30	400 Meters	Men	Prelim
3:40	100 Meters	Women	Prelim
3:50	100 Meters	Men	Prelim
4:00	800 Meters	Women	Prelim
4:15	800 Meters	Men	Prelim
4:30	400 M Hurdles	Women	Prelim
4:40	400 M Hurdles	Men	Prelim
4:55	200 Meters	Women	Prelim
5:05	200 Meters	Men	Prelim
5:15	10,000 Meters	Women	Final
5:55	10,000 Meters	Men	Final
6:45	3200 M Relay	Women	Final
7:00	3200 M Relay	Men	Final

Implement Inspection

12:00 – 1:00	Women's Javelin
	Men's Hammer
12:00 – 1:30	Women's Shot
	Men's Discus

Saturday, May 12 at Saint John's

2:00	Javelin	Men	Final
2:00	Hammer	Women	Final
2:00	High Jump	Women	Final
2:00	Triple Jump	Men	Final
2:00	Pole Vault	Men	Final
4:30	Discus	Women	Final
4:30	Triple Jump	Women	Final
4:30	Shot Put	Men	Final
3:00	Steeplechase	Men	Final
3:15	400 M Relay	Men	Final
3:20	400 M Relay	Women	Final
3:30	Steeplechase	Women	Final
3:45	1500 Meters	Men	Final
3:55	1500 Meters	Women	Final
4:05	110 M Hurdles	Men	Final
4:15	100 M Hurdles	Women	Final
4:25	400 Meters	Men	Final
4:30	400 Meters	Women	Final
4:35	100 Meters	Men	Final
4:40	100 Meters	Women	Final
4:45	800 Meters	Men	Final
4:50	800 Meters	Women	Final
5:00	400 M Hurdles	Men	Final
5:05	400 M Hurdles	Women	Final
5:15	200 Meters	Men	Final
5:20	200 Meters	Women	Final
5:25	5000 Meters	Men	Final
5:45	5000 Meters	Women	Final
6:10	1600 M Relay	Men	Final
6:25	1600 M Relay	Women	Final

Implement Inspection

12:00 – 1:00	Men's Javelin
	Women's Hammer
12:00 – 1:30	Men's Shot
	Women's Discus