

2008 CVC TRACK & FIELD CHAMPIONSHIPS

SCHEDULE OF EVENTS

Running Events			Men's Field Events	Women's Field Events
4:15	Steeplechase (W) Steeplechase (M)	4:00	Long Jump	Javelin Pole Vault
	4 x 100m Relay (W) 4 x 100m Relay (M)	5:00	Javelin Pole Vault	Long Jump
	1500m (W) 1500m (M)	6:00	Shot Put Triple Jump	Discus High Jump
	100m Hurdles (W) 110m Hurdles (M)	7:00	Discus High Jump	Shot Put Triple Jump
	400m (W) 400m (M)			
	100m (W) 100m (M)			
	800m (W) 800m (M)			
	400m Hurdles (W) 400m Hurdles (M)			
	200m (W) 200m (M)			
	5000m (W) 5000m (M)			
	4 x 400m Relay (W) 4 x 400m Relay (M)			

Note: A rolling time schedule will be followed