

2008



**SPRING SPORTS
CHAMPIONSHIPS**

April 16-20

TUSCALOOSA, ALABAMA

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Alabama State University (Macon, AL) • Benedict College (Columbia, SC) • Clark Atlanta University (Atlanta, GA)
Fort Valley State University (Fort Valley, GA) • Kentucky State University (Frankfort, KY) • Lane College (Jackson, TN)
Lafayette College (Rutherford, NJ) • Morehouse College (Atlanta, GA) • Morehouse College (Atlanta, GA)
Paine College (Spartanburg, SC) • Stillman College (Tuscaloosa, AL) • Tuskegee University (Tuskegee, AL)

TRACK & FIELD CHAMPIONSHIPS

April 17-19, 2008

Thursday, April 17

<u>Time</u>	<u>Combined</u>	<u>Round</u>
8:30 am CST	Heptathlon	Final
9:00 am CST	Decathlon	Final
<u>Field Events</u>		
3:00 pm CST	Long Jump (W)	Final
	Long Jump (M)	Final
	Shot Put (W)	Final
	Shot Put (M)	Final
	Hammer Throw (W)	Final
	Hammer Throw (M)	Final
<u>Track Events</u>		
4:00 pm CST	200 Meter Dash (W)	Preliminaries
4:10 pm CST	200 Meter Dash (M)	Preliminaries
4:20 pm CST	400 Meter Int. Hurdles (W)	Preliminaries
4:30 pm CST	400 Meter Int. Hurdles (M)	Preliminaries
4:40 pm CST	800 Meter Run (W)	Preliminaries
4:50 pm CST	800 Meter Run (M)	Preliminaries
5:00 pm CST	4X100 Meter Relay (W)	Preliminaries
5:10 pm CST	4X100 Meter Relay (M)	Preliminaries
5:20 pm CST	10,000 Meter Run (W)	Final
6:00 pm CST	10,000 Meter Run (M)	Final

*Note: All running and throwing events will take place at Stillman College.

*Note: All jumping events will take place at Central High School.

*Note: The steeplechase event will take place at the University of Alabama.



Friday, April 18

<u>Time</u>	<u>Combined</u>	<u>Round</u>
8:30 am CST	Heptathlon (day 2)	Final
9:00 am CST	Decathlon (day 2)	Final
<u>Field Events</u>		
1:00 pm CST	Discus Throw (W)	Final
1:30 pm CST	Triple Jump (M)	Final
	Discus Throw (M)	Final
	Triple Jump (W)	Final
<u>Track Events</u>		
2:00 pm CST	1,500 Meter Dash (W)	Preliminaries
2:10 pm CST	1,500 Meter Dash (M)	Preliminaries
2:30 pm CST	100 Meter Hurdles (W)	Preliminaries
2:40 pm CST	110 Meter Hurdles (M)	Preliminaries
2:50 pm CST	400 Meter Run (W)	Preliminaries
3:00 pm CST	400 Meter Run (M)	Preliminaries
3:10 pm CST	100 Meter Dash (W)	Preliminaries
3:20 pm CST	100 Meter Dash (M)	Preliminaries
3:55 pm CST	4X400 Meter Relay (W)	Preliminaries
4:05 pm CST	4X400 Meter Relay (M)	Preliminaries
6:00 pm CST	3,000 Meter Steeplechase (W)	Final
6:30 pm CST	3,000 Meter Steeplechase (M)	Final

*Note: All running and throwing events will take place at Stillman College.

*Note: All jumping events will take place at Central High School.

*Note: The steeplechase event will take place at the University of Alabama.



Saturday, April 19

Time	Field Events	Round
11:30 am CST	Javellin Throw (W)	Final
12:00 pm CST	Javellin Throw (M)	Final
1:00 pm CST	Pole Vault (W)	Final
1:30 pm CST	Pole Vault (M)	Final
2:00 pm CST	High Jump (W)	Final
3:00 pm CST	High Jump (M)	Final

Track Events

1:00 pm CST	4x100 Meter Relay (W)	Final
1:10 pm CST	4x100 Meter Relay (M)	Final
1:20 pm CST	1,500 Meter Run (W)	Final
1:30 pm CST	1,500 Meter Run (M)	Final
1:40 pm CST	100 Meter Hurdles (W)	Final
1:50 pm CST	110 Meter Hurdles (M)	Final
2:00 pm CST	400 Meter Dash (W)	Final
2:10 pm CST	400 Meter Dash (M)	Final
2:20 pm CST	100 Meter Dash (W)	Final
2:30 pm CST	100 Meter Dash (M)	Final
2:40 pm CST	800 Meter Run (W)	Final
2:50 pm CST	800 Meter Run (M)	Final
3:00 pm CST	400 Meter Hurdles (W)	Final
3:10 pm CST	400 Meter Hurdles (M)	Final
3:20 pm CST	200 Meter Dash (W)	Final
3:30 pm CST	200 Meter Dash (M)	Final
3:40 pm CST	5,000 Meter Run (W)	Final
4:00 pm CST	5,000 Meter Run (M)	Final
4:25 pm CST	4x400 Meter Relay (W)	Final
4:35 pm CST	4X400 Meter Relay (M)	Final

*Note: All running and throwing events will take place at Stillman College.

*Note: All jumping events will take place at Central High School.

*Note: The steeplechase event will take place at the University of Alabama.