

**Missouri Valley Conference Indoor Championships**  
**University of Northern Iowa**  
**Meet Schedule**  
**March 1-2, 2008**

**Saturday, 3/1/08:**

**Heptathlon/Pentathlon – Tentative Schedule – We will follow the ½ hour rule**

10:30 a.m.	60 Meter Hurdles	Women's Pentathlon
11:00 a.m.	60 Meter Dash	Men's Heptathlon
11:30 a.m.	High Jump	Women's Pentathlon
11:45 a.m.	Long Jump	Men's Heptathlon
1:00 p.m.	Shot Put	Men's Heptathlon
1:30 p.m.	Shot Put	Women's Pentathlon
2:15 p.m.	High Jump	Men's Heptathlon
2:45 p.m.	Long Jump	Women's Pentathlon
3:45 p.m.	800 Meter Run	Women's Pentathlon

**Field Events**

1:45 p.m.	20# Weight Throw	Women's Trials and Final
3:30 p.m.	Pole Vault	Men's Final
3:45 p.m.	35# Weight Throw	Men's Final
4:45 p.m.	Long Jump	Men's Trials and Final
6:45 p.m.	Long Jump	Women's Trials and Final

**Track Events**

4:00 p.m.	60 Meter Hurdles	Women's Prelims (If needed)
4:15 p.m.	60 Meter Hurdles	Men's Prelims (If needed)
4:30 p.m.	60 Meter Dash	Women's Prelims (If needed)
4:45 p.m.	60 Meter Dash	Men's Prelims (If needed)
5:00 p.m.	5,000 Meter Run	Women's Final
5:25 p.m.	5,000 Meter Run	Men's Final
5:45 p.m.	60 Meter Hurdles	Women's Semi Finals
6:00 p.m.	60 Meter Hurdles	Men's Semi Finals
6:15 p.m.	60 Meter Dash	Women's Semi Finals
6:30 p.m.	60 Meter Dash	Men's Semi Finals
6:45 p.m.	400 Meter Dash	Women's Prelims
7:00 p.m.	400 Meter Dash	Men's Prelims
7:15 p.m.	800 Meter Run	Women's Prelims
7:30 p.m.	800 Meter Run	Men's Prelims
7:45 p.m.	200 Meter Dash	Women's Prelims
8:00 p.m.	200 Meter Dash	Men's Prelims
8:15 p.m.	Distance Medley Relay	Women's Final
8:35 p.m.	Distance Medley Relay	Men's Final

**Sunday, 3/2/08:**

**Heptathlon – Tentative Schedule – We will follow the ½ hour rule**

10:30a.m.	60 Meter Hurdles	Men's Heptathlon
11:15 a.m.	Pole Vault	Men's Heptathlon
1:15 p.m.	1,000 Meter Run	Men's Heptathlon

**Field Events**

1:00 p.m.	Triple Jump	Women's Trials and Final
1:00 p.m.	Shot Put	Women's Trials and Final
1:00 p.m.	High Jump	Men's Final
2:30 p.m.	Pole Vault	Women's Final
3:00 p.m.	High Jump	Women's Final
3:00 p.m.	Shot Put	Men's Trials and Final
3:00 p.m.	Triple Jump	Men's Trials and Final

**Track Events**

1:30 p.m.	Mile Run (Slow Heat)	Women's Final
1:40 p.m.	Mile Run (Fast Heat)	Women's Final
1:50 p.m.	Mile Run (Slow Heat)	Men's Final
2:00 p.m.	Mile Run (Fast Heat)	Men's Final
2:10 p.m.	60 Meter Hurdles	Women's Final
2:20 p.m.	60 Meter Hurdles	Men's Final
2:30 p.m.	400 Meter Dash	Women's Final
2:35 p.m.	400 Meter Dash	Men's Final
2:40 p.m.	60 Meter Dash	Women's Final
2:45 p.m.	60 Meter Dash	Men's Final
2:50 p.m.	800 Meter Run	Women's Final
2:55 p.m.	800 Meter Run	Men's Final
3:00 p.m.	200 Meter Dash (2 sections)	Women's Final
3:05 p.m.	200 Meter Dash (2 sections)	Men's Final
3:10 p.m.	3,000 Meter Run (Slow Heat)	Women's Final
3:30 p.m.	3,000 Meter Run (Fast Heat)	Women's Final
3:50 p.m.	3,000 Meter Run (Slow Heat)	Men's Final
4:05 p.m.	3,000 Meter Run (Fast Heat)	Men's Final
4:20 p.m.	4 x 400 Meter Relay	Women's Final
4:30 p.m.	4 x 400 Meter Relay	Men's Final