

2008
 Old Dominion Athletic Conference
 Men and Women's Indoor Track and Field Time Schedule
 February 29, 2008 @ Liberty University, Hosted by Bridgewater College

SCHEDULE OF FIELD EVENTS

3:15 PM	Implement Certification (at Throwing Area)	Finals
4:00 PM	35lb Weight Throw (Men)	Finals
	Pole Vault (Women)	Finals
	Long Jump (Women)	Finals
	Triple Jump (Men)	Finals
	High Jump (Men)	Finals
5:30 PM	20lb Weight Throw (Women-following men)	Finals
	Pole Vault (Men)	Finals
	High Jump (Women)	Finals
	Triple Jump (Women)	Finals
	Long Jump (Men)	Finals
7:00 PM	Shot Put (Women)	Finals
8:30 PM	Shot Put (Men)	Finals

SCHEDULE OF TRACK EVENTS

5:15 PM	Distance Medley Relay (Women)	Finals
5:30 PM	Distance Medley Relay (Men)	Finals
5:45 PM	55 M Hurdles (Women)	Trials
5:55 PM	55 M Hurdles (Men)	Trials
6:05 PM	55 M Dash (Women)	Trials
6:15 PM	55 M Dash (Men)	Trials
6:25 PM	1 Mile Run (Women)	Finals
6:35 PM	1 Mile Run (Men)	Finals
6:45 PM	55 M Hurdles (Women)	Finals
6:55 PM	55 M Hurdles (Men)	Finals
7:05 PM	400 M Dash (Women)	Finals
7:15 PM	400 M Dash (Men)	Finals
7:25 PM	55 M Dash (Women)	Finals
7:35 PM	55 M Dash (Men)	Finals
7:45 PM	800 M Run (Women)	Finals
7:55 PM	800 M Run (Men)	Finals
8:05 PM	200 M Dash (Women)	Finals
8:20 PM	200 M Dash (Men)	Finals
8:35 PM	5,000 M Run (Women)	Finals
8:55 PM	5,000 M Run (Men)	Finals
9:20 PM	4x400 M Relay (Women)	Finals
9:30 PM	4x400 M Relay (Men)	Finals
9:50 PM	Awards Presentation	