

**GCC/ PCC/Central
Conference Meet
April 18, 2008**

FIELD EVENTS:

- 3:00 **THROWS** (HAMMER to DISCUS to SHOT PUT to JAVELIN)
- 3:00 **LONG JUMP** (MEN AND WOMEN OPEN PIT TILL 4:00, SIX JUMPS)
- 3:00 **HIGH JUMP** (WOMEN FOLLOWED BY THE MEN)
- 3:00 **POLE VAULT** (WOMEN FOLLOWED BY THE MEN)
- 4:15 **TRIPLE JUMP** (MEN AND WOMEN OPEN PIT TILL 5:15PM)
(6 JUMPS)

RUNNING EVENTS: (WOMEN FIRST FOLLOWED BY THE MEN)

- 2:30 **3000 METER STEEPLECHASE**
- 3:00 **400 METER RELAY**
- 3:10 **1500 METER**
- 3:35 **100/110 METER HIGH HURDLES**
- 3:45 **400 METER**
- 3:55 **100 METER**
- 4:05 **800 METER**
- 4:25 **400 METER HURDLES**
- 4:45 **200 METER**
- 5:00 **5000 METER MEN (COMBINED)**
- 5:20 **1600 METER RELAY**