

2007 CIS Indoor Track & Field Championships

March 8-10, 2007

**McGill University
Tomlinson Fieldhouse**

Schedule

Day 1

Thursday, March 8

SESSION I

2:00 pm	Weight Throw	W	Final
3:30 pm	60M Hurdles	M	Pent
3:50 pm	60M Hurdles	W	Pent
4:10 pm	Long Jump	M	Pent
4:30 pm	High Jump	W	Pent
5:15 pm	Shot Put	M	Pent
6:00 pm	600M	W	Heats
6:15 pm	Shot Put	W	Pent
6:20 pm	600M	M	Heats
6:30 pm	High Jump	M	Pent
7:15 pm	Long Jump	W	Pent
7:30 pm	60M*	W	Heats
7:45 pm	60M*	M	Heats
8:00 pm	1000M	M	Pent
8:20 pm	800M	W	Pent
8:30 pm	60M*	W	Final
8:40 pm	60M*	M	Final
8:50 pm	Medal Presentation: (WTW, Pent, 60m)		

Day 2

Friday, March 9

SESSION II

1:30 pm	60M Hurdles	W	Heats
1:45 pm	60M Hurdles	M	Heats
2:00 pm	4x200M Relay	W	Heats
2:15 pm	4x200M Relay	M	Heats
2:50 pm	Weight Throw	M	Final

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Day 2 Friday, March 9 SESSION III

5:30 pm	Long Jump	W	Final
6:00 pm	60 M Hurdles	W	Final
6:15 pm	60 M Hurdles	M	Final
6:30 pm	300M	W	Heats
6:35 pm	Pole Vault	W	Final
6:45 pm	300M	M	Heats
6:50 pm	High Jump	M	Final
6:55 pm	Shot Put	W	Final
7:00 pm	1000m	W	Final
7:10 pm	1000m	M	Final
7:15pm	Medal Presentation: (WTM, 60H)		
7:30 pm	3000M	W	Final
7:33 pm	Long Jump	M	Final
7:45 pm	3000M	M	Final
8:00 pm	Medal Presentation: (LJW, 1000m, PVW, 3000m)		
8:30 pm	300 M	W	Final
8:45 pm	300 M	M	Final
8:50 pm	Medal Presentation: (HJM, SPW, 300m)		
9:10 pm	4 X 800 M	W	Final
9:25 pm	4 X 800 M	M	Final
9:35 pm	Medal Presentation: (LJM, 4x800m)		

Day 3 – Saturday SESSION IV

12:30 pm	Triple Jump	M	Final
12:40 pm	High Jump	W	Final
1:00 pm	Pole Vault	M	Final
1:15 pm	Shot Put	M	Final
1:30 pm	600 M	W	Final
1:45 pm	600 M	M	Final
1:55 pm	Medal Presentation: (TJM, 600m)		
2:15 pm	Triple Jump	W	Final
2:35 pm	4 X 200 M	W	Final
2:55 pm	4 X 200 M	M	Final
3:00 pm	Medal Presentation: (HJW, SPM, PVM, 4x200m)		
3:35 pm	1500 M	W	Final
3:45 pm	1500 M	M	Final
4:00 pm	4 X 400 M	W	Final
4:10 pm	4 X 400 M	M	Final
4:20 pm	Medal Presentation: (TJW, 1500m, 4x400m, CIS Banners)		