



# 2009 NJCAA Outdoor Track and Field Championships

## Championship Schedule



### THURSDAY, MAY 21

- 9 a.m. ....Women's Combined Events  
(100m - HJ - SP - 200m)
- 10 a.m. ....Men's Combined Events  
(100m - LJ - SP - HJ - 400m)
- Noon .....Men's Discus - Trial & Final
- 3 p.m. ....Women's Discus - Trial & Final
- 8 p.m. ....Women's 10,000 Meter Run - Final
- 8:50 p.m. ....Men's 10,000 Meter Run - Final

### FRIDAY, MAY 22

#### Combined Events

- 9 a.m. ....Men's Combined Events  
(110 HH - Disc - PV - Jav - 1500m)
- 9 a.m. ....Women's Combined Events  
(LJ - Jav - 800m)

All Javelin Events are conducted at Don Michael Field.  
Transportation Provided if needed.

#### Field Events

- 10 a.m. ....Men's Triple Jump - Trials & Finals
- 10 a.m. ....Men's Shot Put - Trials & Finals
- 1 p.m. ....Women's Triple Jump - Trials & Finals
- 1 p.m. ....Women's Shot Put - Trials & Finals
- 4 p.m. ....Men's Javelin - Trials & Finals  
(Don Michael Field - Transportation Provided if needed)
- 5 p.m. ....Women's Pole Vault - Trials & Finals

#### Running Events

- Noon .....Women's 4x800-Meter Relay - Final
- 12:20 p.m. ....Men's 4x800 Meter Relay - Final
- 12:45 p.m. ....Women's 4x100-Meter Relay - Preliminaries
- 1 p.m. ....Men's 4x100-Meter Relay - Preliminaries
- 1:15 p.m. ....Women's 1,500 Meter - Preliminaries
- 1:30 p.m. ....Men's 1,500 Meter - Preliminaries
- 1:45 p.m. ....Women's 400-Meter Dash - Preliminaries
- 2 p.m. ....Men's 400-Meter Dash - Preliminaries
- 2:25 p.m. ....Women's 100-Meter Hurdles - Preliminaries
- 2:40 p.m. ....Men's 110-Meter Hurdles - Preliminaries
- 2:55 p.m. ....Women's 100 Meter Dash - Preliminaries
- 3:10 p.m. ....Men's 100 Meter Dash - Preliminaries
- 3:25 p.m. ....Women's 800 Meter Run - Preliminaries
- 3:40 p.m. ....Men's 800 Meter Run - Preliminaries
- 4 p.m. ....Women's 400 Intermediate Hurdles - Preliminaries
- 4:10 p.m. ....Men's 400 Intermediate Hurdles - Preliminaries
- 4:25 p.m. ....Women's 200-Meter Dash - Preliminaries
- 4:40 p.m. ....Men's 200-Meter Dash - Preliminaries
- 5 p.m. ....Women's 3,000-Meter Steeplechase - Final
- 5:25 p.m. ....Men's 3,000-Meter Steeplechase - Final
- 5:45 p.m. ....Women's 4x400-Meter Relay - Preliminaries
- 6 p.m. ....Men's 4x400-Meter Relay - Preliminaries

### SATURDAY, MAY 23

#### Field Events

- 9 a.m. ....Women's Javelin - Trials & Finals  
(Don Michael Field - Transportation Provided if needed)
- 9:30 a.m. ....Men's Long Jump - Trials & Finals
- 10 a.m. ....Men's Pole Vault - Trials & Finals
- 11 a.m. ....Women's Long Jump - Trials & Finals
- 11 a.m. ....Men's Hammer - Trials & Finals  
Kansas State Fairgrounds - Transportation Provided if needed
- 11:30 a.m. ....Men's High Jump - Trials & Finals
- 1 p.m. ....Women's Hammer - Trials & Finals  
Kansas State Fairgrounds - Transportation Provided if needed
- 2 p.m. ....Women's High Jump - Trials & Finals  
(Practice Field Open for Warm-Up All Day)

#### Running Events

- 12:45 p.m. ....NATIONAL ANTHEM
- 12:50 p.m. ....Special Award presentations & Recognitions
- 1 p.m. ....Women's 4x100-Meter Relay - Final
- 1:10 p.m. ....Men's 4x100-Meter Relay - Final
- 1:15 p.m. ....Women's 1,500 Meter Run - Final
- 1:25 p.m. ....Men's 1,500 Meter Run - Final
- 1:35 p.m. ....Women's 400-Meter Dash - Final
- 1:40 p.m. ....Men's 400-Meter Dash - Final
- 1:50 p.m. ....Women's 100-Meter Hurdles - Final
- 2 p.m. ....Men's 110-Meter Hurdles - Final
- 2:10 p.m. ....Women's 100-Meter Dash - Final
- 2:15 p.m. ....Men's 100-Meter Dash - Final
- 2:25 p.m. ....Women's 800-Meter Run - Final
- 2:35 p.m. ....Men's 800-Meter Run - Final
- 2:45 p.m. ....Women's 400 Meter Intermediate Hurdles - Final
- 2:55 p.m. ....Men's 400 Meter Intermediate Hurdles - Final
- 3:05 p.m. ....Women's 200-Meter Dash - Final
- 3:10 p.m. ....Men's 200-Meter Dash - Final
- 3:15 p.m. ....Women's 5,000-Meter Run - Final
- 3:40 p.m. ....Men's 5,000-Meter run - Final
- 4:20 p.m. ....Women's 1,600-Meter Relay - Final
- 4:30 p.m. ....Men's 1,600-Meter Relay - Final
- 4:55 p.m. ....AWARDS PRESENTATION