

## 2009 NCAA MIDWEST REGIONAL NORMAN, OKLAHOMA

## Friday May, 29th 2009

## Saturday May, 30th 2009

Field Events			Field Events			
11:00	Hammer (W)	Trials & Finals	11:00	Hammer (M)	Trials & Finals	
12:15	Shot Put (M)	Trials & Finals	12:15	Shot Put (W)	Trials & Finals	
1:00	Long Jump (W)	Trials& Finals	1:00	Triple Jump (W)	Trials & Finals	
2:30	Javelin (M)	Trials & Finals	2:30	Javelin (W)	Trials & Finals	
3:00	Pole Vault (W)	Trials & Finals	3:00	Pole Vault (M)	Trials & Finals	
3:30	High Jump (M)	Trials & Finals	3:30	High Jump (W)	Trials & Finals	
5:00	Long Jump (M)	Trials & Finals	5:00	Triple Jump (M)	Trials & Finals	
5:30	Discus (W)	Trials & Finals	5:30	Discus (M)	Trials & Finals	

Running Events			Running Events			
3:30	400 m Relay (W)	Prelims	5:00	400 m Relay (W)	Finals	
3:45	400 m Relay (M)	Prelims	5:10	400 m Relay (M)	Finals	
4:00	1500 m (W)	Prelims	5:20	1500 m (W)	Finals	
4:20	1500 m (M)	Prelims	5:30	1500 m (M)	Finals	
4:40	100 m Hurdles (W)	Prelims	5:45	100 m Hurdles (W)	Finals	
5:00	110 m Hurdles (M)	Prelims	5:55	110 m Hurdles (M)	Finals	
5:20	100 m (W)	Prelims	6:05	100 m (W)	Finals	
5:40	100 m (M)	Prelims	6:10	100 m (M)	Finals	
6:00	400 m (W)	Prelims	6:15	400 m (W)	Finals	
6:20	400 m (M)	Prelims	6:20	400 m (M)	Finals	
6:40	800 m (W)	Prelims	6:25	800 m (W)	Finals	
7:00	800 m (M)	Prelims	6:30	800 m (M)	Finals	
7:20	400 m Hurdles (W)	Prelims	6:40	400 m Hurdles (W)	Finals	
7:40	400 m Hurdles (M)	Prelims	6:50	400 m Hurdles (M)	Finals	
8:00	200 m (W)	Prelims	7:00	200 m (W)	Finals	
8:20	200 m (M)	Prelims	7:05	200 m (M)	Finals	
8:40	5000 m (W)	Finals	7:15	3000 m Steeplechase (W)	Finals	
9:00	5000 m (M)	Finals	7:40	3000 m Steeplechase (M)	Finals	
			8:05	1600 m Relay (W)	Finals	
	3:30 3:45 4:00 4:20 4:40 5:00 5:20 5:40 6:00 6:20 6:40 7:00 7:20 7:40 8:00 8:20 8:40	3:30	3:30 400 m Relay (W) Prelims   3:45 400 m Relay (M) Prelims   4:00 1500 m (W) Prelims   4:20 1500 m (M) Prelims   4:40 100 m Hurdles (W) Prelims   5:00 110 m Hurdles (M) Prelims   5:20 100 m (W) Prelims   5:40 100 m (M) Prelims   6:00 400 m (W) Prelims   6:20 400 m (W) Prelims   6:40 800 m (W) Prelims   7:00 800 m (M) Prelims   7:20 400 m Hurdles (W) Prelims   8:00 200 m (W) Prelims   8:20 200 m (M) Prelims   8:40 5000 m (W) Finals	3:30	3:30 400 m Relay (W) Prelims 5:00 400 m Relay (W)   3:45 400 m Relay (M) Prelims 5:10 400 m Relay (M)   4:00 1500 m (W) Prelims 5:20 1500 m (W)   4:20 1500 m (M) Prelims 5:30 1500 m (M)   4:40 100 m Hurdles (W) Prelims 5:45 100 m Hurdles (W)   5:00 110 m Hurdles (M) Prelims 5:55 110 m Hurdles (M)   5:20 100 m (W) Prelims 6:05 100 m (W)   5:40 100 m (M) Prelims 6:10 100 m (M)   6:00 400 m (W) Prelims 6:15 400 m (W)   6:20 400 m (M) Prelims 6:20 400 m (M)   6:40 800 m (W) Prelims 6:30 800 m (W)   7:20 400 m Hurdles (W) Prelims 6:50 400 m Hurdles (W)   7:40 400 m Hurdles (M) Prelims 7:05 200 m (M)   8:20 200 m (M) Prelims 7:15 3000 m Steeplechase (W)   9:00 5000 m (M) Finals 7	

8:20

1600 m Relay (M)

Finals