



# TRACK & FIELD

## 2009 NCAA MIDWEST REGIONAL NORMAN, OKLAHOMA

### Friday May, 29th 2009

#### Field Events

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

#### Running Events

3:30	400 m Relay (W)
3:45	400 m Relay (M)
4:00	1500 m (W)
4:20	1500 m (M)
4:40	100 m Hurdles (W)
5:00	110 m Hurdles (M)
5:20	100 m (W)
5:40	100 m (M)
6:00	400 m (W)
6:20	400 m (M)
6:40	800 m (W)
7:00	800 m (M)
7:20	400 m Hurdles (W)
7:40	400 m Hurdles (M)
8:00	200 m (W)
8:20	200 m (M)
8:40	5000 m (W)
9:00	5000 m (M)

### Saturday May, 30th 2009

#### Field Events

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

#### Running Events

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