

11/21/08



2009 MEAC OUTDOOR TRACK & FIELD CHAMPIONSHIPS
4/30/09-5/2/09 NCA&T STATE UNIVERSITY
Greensboro, NC

SCHEDULE OF EVENTS

Thursday –May 1, 2008

10:00 AM – 11:00 AM	Updates/ Scratches
11:00 AM – 12:00 PM	Coaches Administration Meeting (Mandatory Attendance) TBA
12:00 PM – 12:30 PM	Proof of Performance (Challenges)
1:00 PM	M- Decathlon
1:30 PM	W- Heptathlon

**** Note... After an Event is Completed (Heptathlon & Decathlon), the next event will begin approximately 30 Minutes after the event has ended.****

Friday - May 2, 2008

10:00AM	W- Heptathlon	
10:30AM	M- Decathlon	
1:00AM	W & M Long Jump	Trials & Final
	W- Shot Put	Trials & Final

**** Note... After an Event is Completed (Heptathlon & Decathlon), the next event will begin approximately 30 Minutes after the event has ended.****

2:00PM	W- Pole Vault	Trials & Final
	M- Discus	Trials & Final
4:00PM	M- High Jump	Trials & Final
	W- Javelin	Trials & Final

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Friday – Track Semifinal &Final/Running Events

1:50PM	100mh	Women	Semifinal
2:10PM	110mh	Men	Semifinal
2:20PM	400m	Women	Semifinal
2:40PM	400m	Men	Semifinal
3:00PM	100m	Women	Semifinal
3:15PM	100m	Men	Semifinal
3:30PM	800m	Women	Semifinal
3:50PM	800m	Men	Semifinal
4:10PM	400mh	Women	Semifinal
4:30PM	400mh	Men	Semifinal
4:50PM	200m	Women	Semifinal
5:10PM	200m	Men	Semifinal
5:30PM	5000m	Women	Finals
5:50PM	5000m	Men	Finals

Saturday-May 3, 3008

10:00AM	Triple Jump	Men & Women	Trial & Final
	Shot Put	Men	Trial & Final
	Pole Vault	Men	Trial & Final
	Discus	Women	Trial & Final
1:00PM	High Jump	Women	Trial & Final
2:00PM	Javelin	Men	Trial & Final

Saturday-Track Finals

1:00PM	4x100	Women	Final
1:10PM	4x100	Men	Final
1:15PM	1500	Women	Final
1:25PM	1500	Men	Final

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1:40PM	100h	Women	Final
1:50PM	110h	Men	Final
2:00PM	400m	Women	Final
2:05PM	400m	Men	Final
2:15PM	100m	Women	Final
2:25PM	100m	Men	Final
2:30PM	800m	Women	Final
2:35PM	800m	Men	Final
2:55PM	400h	Women	Final
3:05PM	400h	Men	Final
3:15PM	200m	Women	Final
3:20PM	200m	Men	Final
3:35PM	3000m SC	Women	Final
3:50PM	3000m SC	Men	Final
4:15PM	4x400	Women	Final
4:20PM	4x400	Men	Final

Sunday-May 4, 2008...Rain Date

AWARDS CEREMONY IMMEDIATELY AFTER LAST EVENT