

**NCAA East Regional Track and Field Championship
May 29-30, 2009
North Carolina A&T State University's Irwin Belk Track**

Practice Times

Thursday, May 28, 2009

Noon - 2 p.m.	Hammer
Noon - 2 p.m.	Javelin
2 p.m. - 4 p.m.	Discus
2 p.m. - 5 p.m.	High Jump
2 p.m. - 7 p.m.	Shot Put, Long & Triple Jump
2 p.m. - 3 p.m.	Relay Practice Only
3 p.m. - 8 p.m.	Open Track for all running events & Pole Vault

Please be aware that the stated times are for the event listed.

- No High Jump during Javelin Practice
- No Javelin during High Jump
- Separate runways will be used for Men and Women Long-Triple Jumps

Friday, May 29, 2009

Field Events

11:00 a.m.	Javelin	(M) Trials and Finals
11:00 a.m.	Hammer	(W) Trials and Finals
1:00 p.m.	Long Jump	(W) Trials and Finals
3:00 p.m.	Shot Put	(M) Trials and Finals
3:00 p.m.	Pole Vault	(W) Trials and Finals
5:00 p.m.	High Jump	(M) Trials and Finals
5:00 p.m.	Discus	(W) Trials and Finals
5:00 p.m.	Long Jump	(M) Trials and Finals

Track Events

4:00 p.m.	4x100	(W) Prelims
4:15 p.m.	4x100	(M) Prelims
4:30 p.m.	1500m	(W) Prelims
4:55 p.m.	1500m	(M) Prelims
5:20 p.m.	100m Hurdles	(W) Prelims
5:40 p.m.	110m Hurdles	(M) Prelims
6:00 p.m.	100m	(W) Prelims
6:20 p.m.	100m	(M) Prelims
6:40 p.m.	400m	(W) Prelims
7:00 p.m.	400m	(M) Prelims
7:20 p.m.	800m	(W) Prelims
7:40 p.m.	800m	(M) Prelims
8:00 p.m.	400m Hurdles	(W) Prelims
8:20 p.m.	400m Hurdles	(M) Prelims
8:40 p.m.	200m	(W) Prelims
9:00 p.m.	200m	(M) Prelims
9:20 p.m.	5000m	(W) Finals
9:40 p.m.	5000m	(M) Finals

Saturday, May 30, 2009

Field Events

11:00 a.m.	Javelin	(W) Trials and Finals
11:00 a.m.	Hammer	(M) Trials and Finals
1:00 p.m.	Triple Jump	(W) Trials and Finals
3:00 p.m.	Shot Put	(W) Trials and Finals
3:00 p.m.	Pole Vault	(M) Trials and Finals
5:00 p.m.	High Jump	(W) Trials and Finals
5:00 p.m.	Discus	(M) Trials and Finals
5:00 p.m.	Triple Jump	(M) Trials and Finals

Track Events

5:00 p.m.	4x100	(W) Finals
5:10 p.m.	4x100	(M) Finals
5:20 p.m.	1500m	(W) Finals
5:30 p.m.	1500m	(M) Finals
5:45 p.m.	100m Hurdles	(W) Finals
5:55 p.m.	110m Hurdles	(M) Finals
6:05 p.m.	100m	(W) Finals
6:10 p.m.	100m	(M) Finals
6:15 p.m.	400m	(W) Finals
6:20 p.m.	400m	(M) Finals
6:25 p.m.	800m	(W) Finals
6:30 p.m.	800m	(M) Finals
6:40 p.m.	400m Hurdles	(W) Finals
6:50 p.m.	400m Hurdles	(M) Finals
7:00 p.m.	200m	(W) Finals
7:05 p.m.	200m	(M) Finals
7:15 p.m.	3000m Steeplechase	(W) Finals
7:40 p.m.	3000m Steeplechase	(M) Finals
8:05 p.m.	4x400	(W) Finals
8:20 p.m.	4x400	(M) Finals