



2009 NCAA Division II Indoor Track and Field Championships Schedule

Hosted at the [University of Houston](http://www.uh.edu)

Friday, March 13, 2009

Yeoman Field House @ Houston, TX

All qualifying events except the Field Events, Multi Events, and Distance Medley Relays

9:00 Men's 60- Meter Dash- Heptathlon

*9:45 Men's Long Jump- Heptathlon

*10:55 Men's Shot Put- Heptathlon

*11:55 Men's High Jump- Heptathlon

12:25 National Anthem

12:30 Men's 35-Pound Weight Throw

2:30 Women's 20-Pound Weight Throw

3:00 Women's Long Jump

4:05 Men's High Jump

4:30 Women's Pole Vault

4:00 (prelim) Women's Mile Run

4:15 (prelim) Men's Mile Run

4:30 (prelim) Women's 400 Meter

4:45 (prelim) Men's 400 Meter

5:00 (prelim) Women's 60-Meter Dash

5:15 (prelim) Men's 60-Meter Dash

5:30 Men's Long Jump

5:30 (prelim) Women's 800 Meter Run

5:45 (prelim) Men's 800 Meter Run

6:00 (prelim) Women's 60 Meter Hurdles

6:15 (prelim) Men's 60 Meter Hurdles

6:30 (prelim) Women's 200 Meter Dash

6:45 (prelim) Men's 200 Meter Dash

7:05 Women's Distance Medley Relay

7:25 Men's Distance Medley Relay

7:40 Conclusion Day 1

*= Estimated start time.

Each event will begin 30 minutes after the previous event has finished as determined by the head official.

Saturday, March 14, 2009

Yeoman Field House @ Houston TX

All Final Events

9:00 Women's 60 Meter Hurdles- Pentathlon

9:30 Men's 60 Meter Hurdles- Heptathlon

*9:45 Women's High Jump- Pentathlon

*10:30 Men's Pole Vault- Heptathlon

*11:30 Women's Shot Put- Pentathlon

*12:30 Women's Long Jump- Pentathlon

*1:00 Men's 1000 Meters- Heptathlon

*1:30 Women's 800 Meters- Pentathlon

1:55 National Anthem

2:00 Men's Triple Jump

2:05 Men's Shot Put

2:35 Women's High Jump

3:00 Men's Pole Vault

3:30 Women's Mile Run

3:40 Men's Mile Run

3:50 Women's 400-Meter Dash

4:00 Men's 400-Meter Dash

4:05 Women's Shot Put

4:15 Women's 60-Meter Dash

4:20 Men's 60-Meter Dash

4:30 Women's Triple Jump

4:30 Women's 800-Meter Run

4:40 Men's 800-Meter Run

4:55 Women's 60-Meter Hurdles

5:05 Men's 60-Meter Hurdles

5:15 Women's 200-Meter Dash

5:25 Men's 200-Meter Dash

5:35 Women's 5,000 Meter Run

5:55 Men's 5,000 Meter Run

6:15 Women's 4x400 Meter Relay

6:25 Men's 4x400 Meter Relay

6:35 Team Awards