

**Southland Conference
2009 Indoor Track and Field Championship
Meet Schedule**

Revised 2/18/09

Awards presented immediately after completion of each event

Thursday, February 19

5:00– 8:00 p.m. Warm-up
6:30 p.m. Coaches Meeting

Friday, February, 20

7:00 a.m. Facility available for warm-up

HEPTATHLON / PENTATHLON

8:30 a.m.	60M Hurdles	Women
8:50 a.m.	60M Dash	Men
~9:30 a.m.	High Jump	Women
~9:50 a.m.	Long Jump	Men
~10:55 a.m.	Shot Put	Men
~12:00 p.m.	Shot Put	Women
~12:00 p.m.	High Jump	Men
~1:05 p.m.	Long Jump	Women
~2:15 p.m.	800M	Women

FIELD EVENTS

3:00 p.m.	20 lb Weight	Women	Finals
3:00 p.m.	Pole Vault	Men	Finals
3:30 p.m.	High Jump	Women	Finals
*	High Jump	Men	Finals
4:00 p.m.	Long Jump	Men	Finals
*	Long Jump	Women	Finals
5:30 p.m.	35 lb Weight	Men	Finals

*Immediately following Men's/Women's Finals

RUNNING EVENTS

4:00 p.m.	Mile	Women	Trials
4:15 p.m.	Mile	Men	Trials
4:35 p.m.	60M Hurdles	Women	Trials
4:45 p.m.	60M Hurdles	Men	Trials
4:55 p.m.	60M Dash	Women	Trials
5:10 p.m.	60M Dash	Men	Trials
5:25 p.m.	400M	Women	Trials
5:50 p.m.	400M	Men	Trials
6:15 p.m.	800M	Women	Trials
6:25 p.m.	800M	Men	Trials
6:40 p.m.	200M	Women	Trials
7:00 p.m.	200M	Men	Trials
7:25 p.m.	5000M	Women	Finals
7:50 p.m.	5000M	Men	Finals
8:15 p.m.	Distance Medley	Women	Finals
8:30 p.m.	Distance Medley	Men	Finals

Saturday, February, 21

7:00 a.m. Facility available for warm-up

HEPTATHLON

8:30 a.m.	60M Hurdles	Men
~9:35 a.m.	Pole Vault	Men
~1:00 p.m.	1000M	Men

FIELD EVENTS

11:00 a.m.	Triple Jump	Men	Finals
*	Triple Jump	Women	Finals
11:00 a.m.	Shot Put	Women	Finals
*	Shot Put	Men	Finals
1:00 p.m.	Pole Vault	Women	Finals

*Immediately following Men's/Women's Finals

OPENING CEREMONY

1:15 p.m. *Opening Ceremony*

RUNNING EVENTS

1:30 p.m.	Mile	Women	Finals
1:40 p.m.	Mile	Men	Finals
1:50 p.m.	60M Hurdles	Women	Finals
2:00 p.m.	60M Hurdles	Men	Finals
2:10 p.m.	60M Dash	Women	Finals
2:15 p.m.	60M Dash	Men	Finals
2:25 p.m.	400M	Women	Finals
2:35 p.m.	400M	Men	Finals
2:45 p.m.	800M	Women	Finals
2:55 p.m.	800M	Men	Finals
3:05 p.m.	200M	Women	Finals
3:15 p.m.	200M	Men	Finals
3:25 p.m.	3000M	Women	Finals
3:55 p.m.	3000M	Men	Finals
4:20 p.m.	1600M Relay	Women	Finals
4:35 p.m.	1600M Relay	Men	Finals
5:00 p.m.	<i>Awards Ceremony</i>		

*High Point Athletes, Coaches,
Team Champions*