

11/21/08



2009 MEAC INDOOR TRACK & FIELD CHAMPIONSHIPS

February 12-14
Prince Georges Sports & Learning Complex
Landover, Maryland

Schedule of Events

Thursday- February 12

| | | |
|-------------------|--|-------|
| 10:00AM – 11:00AM | Updates / Scratches | |
| 10:00AM – 1:00PM | Teams Practices | |
| 11:00AM - 12:00PM | Coaches Meeting / Mandatory Attendance (Prince George's Sports Complex) | |
| 12:00PM – 12:30PM | Proof of Performance (Challenges) | |
| 1:00PM | Women Weight | Final |
| 2:30pm | Men Weight | Final |
| 6:00PM | Team Social / Mandatory Attendance (Marriott Greenbelt) | |

Friday- February 13

| | | |
|---------|--|-------|
| 9:00AM | Men's Heptathlon 60 meter dash • Men's Heptathlon Long Jump • Men's Heptathlon Shot Put • Men's Heptathlon High Jump | |
| 9:00AM | Women Shot Put | Final |
| 11:00AM | Women Long Jump (East) | Final |
| 11:00AM | Women High Jump | Final |
| 12:30PM | Men 5000 meter run | Final |
| 1:30PM | Opening Ceremonies | |

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Friday– February 13 Cont...

| | | |
|--------|------------------------|--------|
| 2:00PM | Women 800 meter run | Final |
| 2:15PM | Men 800 meter run | Final |
| 2:35PM | Women 60 meter hurdles | Prelim |
| 2:55PM | Men 60 meter hurdles | Prelim |
| 3:15PM | Women 400 meter dash | Prelim |
| 3:30PM | Men 400 meter dash | Prelim |
| 3:30PM | Men Pole Vault | Final |

*** Event start time will be determined by the Combined Event Referee in accordance with NCAA Rules.**

| | | |
|--------|-----------------------|--------|
| 3:55PM | Women 60 Meter Dash | Prelim |
| 4:10PM | Men 60 Meter Dash | Prelim |
| 4:30PM | Men Long Jump | Final |
| 4:35PM | Women 200 Meter Dash | Prelim |
| 4:50PM | Men 200 Meter Dash | Prelim |
| 5:05PM | Women Distance Medley | Final |
| 5:25PM | Men Distance Medley | Final |

Saturday- February 14

| | | |
|---------|--|-------|
| 9:00AM | Women Pole Vault | Final |
| 9:00AM | Women's Pentathlon 60 Meter Hurdles Women's Pentathlon High Jump Women's Pentathlon Shot Put Women's Pentathlon Long Jump Women's Pentathlon 800 Meter Run | |
| 9:30AM | Men's Heptathlon 60 Meter Hurdles Men's Heptathlon Pole Vault Men's Heptathlon 1000 Meter Run | |
| 12:45PM | Men Shot Put | Final |
| 12:45PM | Men High Jump | Final |
| 3:05PM | Women Mile Run | Final |
| 3:20PM | Men Mile Run | Final |
| 3:35PM | Women 400 meter dash | Final |

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Sat– February 14 Cont...

| | | |
|--------|--------------------------|-------|
| 3:45PM | Men 400 meter dash | Final |
| 3:55PM | Women 60 meter hurdle | Final |
| 4:00PM | Women Triple Jump (West) | Final |
| 4:00PM | Men triple Jump (East) | Final |
| 4:05PM | Men 60 meter hurdle | Final |
| 4:15PM | Women 60 meter dash | Final |

*** Event start times will be determined by the Combined Event Referee in accordance with NCAA Rules.**

| | | |
|--------|------------------------|-------|
| 4:25PM | Men 60 meter dash | Final |
| 4:35PM | Women 200 meter dash | Final |
| 4:45PM | Men 200 meter dash | Final |
| 4:55PM | Women 3000 meter run | Final |
| 5:10PM | Men 3000 meter run | Final |
| 5:25PM | Women 1600 Meter Relay | Final |
| 5:40PM | Men 1600 Meter Relay | Final |

AWARDS CEREMONY IMMEDIATELY FOLLOWING THE LAST EVENT .