

# HEART OF AMERICA ATHLETIC CONFERENCE INDOOR TRACK & FIELD CHAMPIONSHIPS

FEBRUARY 20<sup>th</sup> & 21<sup>st</sup> 2009

Hosted by Graceland University, Lamoni, Iowa

## FINAL EVENT SCHEDULE\*\*

( The final schedule may vary significantly depending on the number of entries per event. )

### Order of Events

#### Friday, February 20th , 2009

##### Field Events:

1:00 PM	Weight Throw - Prelim	MEN
1:00 PM	Triple Jump - Prelims	MEN
3:05 PM	Weight Throw - Prelim	WOMEN
3:05 PM	Triple Jump - Prelims	WOMEN
3:30 PM	Pole Vault - Final	WOMEN

##### Running Events:

1:00 PM	PENTATHLON 55m Hurdles	WOMEN
1:30 PM	HEPTATHLON 55m Dash	MEN
1:50 PM	55m Hurdles Prelims	WOMEN
2:15 PM	55m Hurdles Prelims	MEN
2:45 PM	55m Dash Prelims	WOMEN
3:25 PM	55m Dash Prelims	MEN
4:05 PM	200m Dash	WOMEN
4:50 PM	200m Dash	MEN
5:50 PM	5000m Run	WOMEN
6:40 PM	5000m Run	MEN
7:20 PM	3,000 Racewalk	WOMEN
7:45 PM	3,000 Racewalk	MEN
8:05 PM	PENTATHON 800m Run	WOMEN
8:15 PM	55m Hurdles Semi Finals	MEN
8:40 PM	55m Dash Semi Finals	WOMEN
9:00 PM	55m Dash Semi Finals	MEN
9:20 PM	4x800m Relay	WOMEN
9:25 PM	4x800m Relay	MEN

#### Saturday, February 21st , 2009

##### Field Events:

10:00 AM	Shot Put - Prelim	WOMEN
10:00 AM	High Jump	MEN
10:00 AM	Long Jump - Prelim	WOMEN
1:00 PM	Shot Put - Prelim	MEN
1:00 PM	Pole Vault	MEN
1:15 PM	Long Jump - Prelim	MEN
2:00 PM	High Jump	WOMEN

##### Running Events:

9:00 AM	Heptathlon 55m Hurdles	MEN
10:00 AM	1 Mile Run	WOMEN
10:10 AM	1 Mile Run	MEN
10:30 AM	55m Hurdle Finals	WOMEN
10:45 AM	55m Hurdle Finals	MEN
11:00 AM	400m Dash Finals	WOMEN
11:20 AM	400m Dash Finals	MEN
11:55 AM	600m Dash Finals	WOMEN
12:05 PM	600m Dash Finals	MEN
12:35 PM	55m Dash Finals	WOMEN
12:45 PM	55m Dash Finals	MEN
12:55 PM	800m Run Finals	WOMEN
1:05 PM	800m Run Finals	MEN
1:20 PM	1,000m Run Finals	WOMEN
1:30 PM	1,000m Run Finals	MEN
1:40 PM	200m Dash Finals	WOMEN
1:50 PM	200m Dash Finals	MEN
2:00 PM	HEPTATHLON 1000m Run	MEN
2:05 PM	3,000m Run Finals	WOMEN
2:35 PM	3,000m Run Finals	MEN
3:20 PM	4,000m Distance Medley Relay	WOMEN
3:35 PM	4,000m Distance Medley Relay	MEN
3:50 PM	4 x 400m Relay	WOMEN
4:00 PM	4 x 400m Relay	MEN

\*Heptathlon and Pentathlon events will be inserted where appropriate based on the number of entries.