

**Saturday • May 16, 2009**

1:25 PM	<i>National Anthem</i>		
1:30 PM	4 x 100 Meter Relay	Women	Trials
1:35 PM	Javelin	Men	Trials and Final
1:40 PM	4 x 100 Meter Relay	Men	Trials
1:45 PM	Pole Vault	Men	Trials and Final
1:50 PM	1,500 Meters	Women	Trials
2:00 PM	Long Jump	Women	Trials and Final
2:05 PM	1,500 Meters	Men	Trials
2:15 PM	Hammer	Men	Trials and Final
2:25 PM	100 Meter Hurdles	Women	Trials
2:45 PM	110 Meter Hurdles	Men	Trials
3:05 PM	400 Meters	Women	Trials
3:20 PM	400 Meters	Men	Trials
3:30 PM	Shot Put	Women	Trials and Final
3:35 PM	100 Meters	Women	Trials
3:50 PM	100 Meters	Men	Trials
4:05 PM	800 Meters	Women	Trials
4:15 PM	800 Meters	Men	Trials
4:20 PM	Javelin	Women	Trials and Final
4:25 PM	High Jump	Women	Trials and Final
4:30 PM	3,000 Meter Steeplechase	Women	Final
4:45 PM	3,000 Meter Steeplechase	Men	Final
4:50 PM	Long Jump	Men	Trials and Final
5:00 PM	400 Meter Hurdles	Women	Trials
5:15 PM	400 Meter Hurdles	Men	Trials
5:30 PM	200 Meters	Women	Trials
5:40 PM	Shot Put	Men	Trials and Final
5:45 PM	200 Meters	Men	Trials
6:00 PM	10,000 Meters	Women	Final
6:40 PM	10,000 Meters	Men	Final

**Sunday • May 17, 2009**

12:00 PM	Hammer	Women	Trials and Final
12:05 PM	Discus	Men	Trials and Final
12:55 PM	<i>National Anthem</i>		
1:00 PM	4 x 100 Meter Relay	Women	Final
1:05 PM	Pole Vault	Women	Trials and Final
1:07 PM	4 x 100 Meter Relay	Men	Final
1:15 PM	1,500 Meters	Women	Final
1:25 PM	1,500 Meters	Men	Final
1:30 PM	Triple Jump	Women	Trials and Final
1:35 PM	100 Meter Hurdles	Women	Final
1:45 PM	110 Meter Hurdles	Men	Final
1:55 PM	400 Meters	Women	Final
2:00 PM	High Jump	Men	Trials and Final
2:02 PM	400 Meters	Men	Final
2:10 PM	100 Meters	Women	Final
2:17 PM	100 Meters	Men	Final
2:25 PM	800 Meters	Women	Final
2:30 PM	Discus	Women	Trials and Final
2:35 PM	Triple Jump	Men	Trials and Final
2:35 PM	800 Meters	Men	Final
2:45 PM	400 Meter Hurdles	Women	Final
2:52 PM	400 Meter Hurdles	Men	Final
3:00 PM	200 Meters	Women	Final
3:07 PM	200 Meters	Men	Final
3:15 PM	5,000 Meters	Women	Final
3:35 PM	5,000 Meters	Men	Final
3:55 PM	Recognition Ceremony		
4:15 PM	4 x 400 Meter Relay	Women	Final
4:30 PM	4 x 400 Meter Relay	Men	Final
4:40 PM	Awards Presentation		