



2009 NCAA Track & Field West Regional : Hayward Field : University of Oregon
Schedule of Events

FRIDAY : May 29, 2009

2:35 PM	National Anthem			
2:40 PM	Javelin	Men	Trials & Final	
2:45 PM	Hammer	Women	Trials & Final	
2:45 PM	High Jump	Men	Trials & Final	East apron
3:00 PM	4 x 100 Meter Relay	Women	Prelims	
3:05 PM	Long Jump	Men	Trials & Final	East runway
3:10 PM	4 x 100 Meter Relay	Men	Prelims	
3:15 PM	Pole Vault	Women	Trials & Final	East runway
3:15 PM	Pole Vault	Women	Trials & Final	East runway
3:20 PM	1,500 Meters	Women	Prelims	
3:35 PM	1,500 Meters	Men	Prelims	
3:55 PM	100 Meter Hurdles	Women	Prelims	
4:15 PM	110 Meter Hurdles	Men	Prelims	
4:35 PM	100 Meters	Women	Prelims	
4:45 PM	100 Meters	Men	Prelims	
4:55 PM	400 Meters	Women	Prelims	
5:10 PM	400 Meters	Men	Prelims	
5:15 PM	Long Jump	Women	Trials & Final	West runway
5:25 PM	800 Meters	Women	Prelims	
5:30 PM	Discus	Women	Trials & Final	
5:40 PM	800 Meters	Men	Prelims	
5:45 PM	Shot Put	Men	Trials & Final	West ring
6:00 PM	400 Meter Hurdles	Women	Prelims	
6:20 PM	400 Meter Hurdles	Men	Prelims	
6:40 PM	200 Meters	Women	Prelims	
6:55 PM	200 Meters	Men	Prelims	
7:10 PM	5,000 Meters	Women	Final	
7:30 PM	5,000 Meters	Men	Final	



2009 NCAA Track & Field West Regional : Hayward Field : University of Oregon
Schedule of Events

SATURDAY : May 30, 2009

11:55 AM	National Anthem			
12:00 PM	Discus	Men	Trials & Final	
12:30 PM	High Jump	Women	Trials & Final	East apron
1:00 PM	Pole Vault	Men	Trials & Final	East runway
1:05 PM	Shot Put	Women	Trials & Final	West ring
1:30 PM	4 x 100 Meter Relay	Women	Final	
1:40 PM	4 x 100 Meter Relay	Men	Final	
1:45 PM	Triple Jump	Men	Trials & Final	East runway
1:50 PM	1,500 Meters	Women	Final	
2:00 PM	1,500 Meters	Men	Final	
2:15 PM	100 Meter Hurdles	Women	Final	
2:20 PM	Hammer	Men	Trials & Final	
2:25 PM	110 Meter Hurdles	Men	Final	
2:30 PM	Triple Jump	Women	Trials & Final	West runway
2:35 PM	Javelin	Women	Trials & Final	
2:35 PM	100 Meters	Women	Final	
2:40 PM	100 Meters	Men	Final	
2:45 PM	400 Meters	Women	Final	
2:50 PM	400 Meters	Men	Final	
2:55 PM	800 Meters	Women	Final	
3:00 PM	800 Meters	Men	Final	
3:10 PM	400 Meter Hurdles	Women	Final	
3:20 PM	400 Meter Hurdles	Men	Final	
3:30 PM	200 Meters	Women	Final	
3:35 PM	200 Meters	Men	Final	
3:45 PM	3,000 Meter Steeplechase	Women	Final	
4:10 PM	3,000 Meter Steeplechase	Men	Final	
4:35 PM	4 x 400 Meter Relay	Women	Final	
4:50 PM	4 x 400 Meter Relay	Men	Final	