

Appendix E-I
2009-10 NAIA Indoor Track and Field National Championships
March 4-6, 2010, Mini Dome - Johnson City, Tennessee

Tentative Schedule of Events

(subject to change as deemed necessary after flights/heats are set)

THURSDAY, MARCH 4

MEN'S HEPTATHLON

1:00 p.m. 60 Meter Dash
 Long Jump
 Shot Put
 High Jump

WOMEN'S PENTATHLON

1:30 p.m. 60 Meter Hurdles
 High Jump
 Shot Put
 Long Jump
 800 Meter Run

MULTI-EVENTS
 Next event will begin
 30 minutes after the
 conclusion of the
 previous event.

RELAY EVENTS

4:00 p.m. Women's 5,000 Meter - Semi 4:45 p.m. Men's 5,000 Meter - Semi 5:30 p.m. Women's 3,200 Meter Relay - Semi 6:00 p.m. Men's 3,200 Meter Relay - Semi	6:30 p.m. Women's 1,600 Meter Relay - Prelim. 7:00 p.m. Men's 1,600 Meter Relay - Prelim. 7:30 p.m. Women's DMR - Semi 8:00 p.m. Men's DMR - Semi
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FRIDAY, MARCH 5

MEN'S HEPTATHLON

10:00 a.m. 60 Meter Hurdles
 Pole Vault
 1000 Meter Run

RUNNING EVENTS

12:00 p.m. Women's 3000m Walk - FINAL 12:25 p.m. Men's 3000m Walk - FINAL 1:00 p.m. Women's 60 Meter Hurdles - Prelim 1:20 p.m. Men's 60 Meter Hurdles - Prelim 1:35 p.m. Women's 60 Meter Dash - Prelim 1:50 p.m. Men's 60 Meter Dash - Prelim 2:05 p.m. Women's Mile - Semi 2:20 p.m. Men's Mile - Semi 2:35 p.m. Women's 60 Meter Hurdles - Semi 2:40 p.m. Men's 60 Meter Hurdles - Semi 2:55 p.m. Women's 400 Meter - Semi 3:10 p.m. Men's 400 Meter - Semi 3:25 p.m. Women's 600 Meter - Semi	3:40 p.m. Men's 600 Meter - Semi 3:55 p.m. Women's 60 Meter Dash - Semi 4:05 p.m. Men's 60 Meter Dash - Semi 4:15 p.m. Women's 800 Meter - Semi 4:30 p.m. Men's 800 Meter - Semi 4:45 p.m. Women's 1,000 Meter - Semi 5:00 p.m. Men's 1,000 Meter - Semi 5:25 p.m. Women's 3,000 Meter - Semi 5:45 p.m. Men's 3,000 Meter - Semi 6:05 p.m. Women's 200 Meter - Semi 6:25 p.m. Men's 200 Meter - Semi 6:45 p.m. Women's 3,200 Meter Relay - FINAL 7:00 p.m. Men's 3,200 Meter Relay - FINAL
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FIELD EVENTS

1:00 p.m. Men's Weight Throw - Prelim & FINAL 2:00 p.m. Women's Long Jump - Prelim & FINAL 3:00 p.m. Men's High Jump - Prelim & FINAL	3:30 p.m. Women's Pole Vault - Prelim & FINAL 4:00 p.m. Women's Weight Throw - Prelim & FINAL 5:00 p.m. Men's Long Jump - Prelim & FINAL
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SATURDAY, MARCH 6

RUNNING EVENTS

12:00 p.m. CHAMPIONSHIP CEREMONIES 12:25 p.m. Women's Mile - FINAL 12:35 p.m. Men's Mile - FINAL 12:45 p.m. Women's 60 Meter Hurdles - FINAL 12:50 p.m. Men's 60 Meter Hurdles - FINAL 12:55 p.m. Women's 400 Meter - FINAL 1:00 p.m. Men's 400 Meter - FINAL 1:05 p.m. Women's 600 Meter - FINAL 1:10 p.m. Men's 600 Meter - FINAL 1:20 p.m. Women's 60 Meter Dash - FINAL 1:25 p.m. Men's 60 Meter Dash - FINAL 1:30 p.m. Women's 800 Meter - FINAL 1:35 p.m. Men's 800 Meter - FINAL	1:45 p.m. Women's 1,000 Meter - FINAL 1:55 p.m. Men's 1,000 Meter - FINAL 2:05 p.m. Women's 3,000 Meter - FINAL 2:20 p.m. Men's 3,000 Meter - FINAL 2:35 p.m. Women's 200 Meter - FINAL 2:40 p.m. Men's 200 Meter - FINAL 2:45 p.m. Women's 5,000 Meter - FINAL 3:10 p.m. Men's 5,000 Meter - FINAL 3:30 p.m. Women's Distance Medley Relay - FINAL 3:50 p.m. Men's Distance Medley Relay - FINAL 4:05 p.m. Women's 1,600 Meter Relay - FINAL 4:15 p.m. Men's 1,600 Meter Relay - FINAL
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FIELD EVENTS

10:00 a.m. Women's Triple Jump - Prelim & FINAL 10:00 a.m. Women's Shot Put - Prelim & FINAL 1:00 p.m. Men's Shot Put - Prelim & FINAL	1:15 p.m. Men's Pole Vault - Prelim & FINAL 1:30 p.m. Men's Triple Jump - Prelim & FINAL 1:30 p.m. Women's High Jump - Prelim & FINAL
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4:30 p.m. Awards