



2009 NJCAA Outdoor Track and Field Championships

Meet Itinerary



- Tuesday, May 12:** Entry Procedure and Team contact information must be faxed by this date.
- Saturday, May 16:** Combined events entries must be faxed to Pat Becher by this date.
- Sunday, May 17:** Combined events participants will be notified by e-mail and phone call of acceptance.
- Monday, May 18:** Regular entries must be entered on the web site by 6 p.m. CST
- Wednesday, May 20:** Facility open for team practice from 2 p.m. to 5 p.m.
- Thursday, May 21:**
- 8 a.m. to 11 a.m.:** Implement weigh-in for decathlon/heptathlon (Gowans Stadium North Locker Room)
 - 9 a.m.:** NJCAA Outdoor Track and Field Championships begin with combined events (see attached schedule for specific times and events)
 - Noon to 4 p.m.:** Team check-in and Declarations (lobby of Stringer Fine Arts Center)
 - Noon to 5 p.m.:** Track open for practice
 - 6 p.m.:** Coaches Dinner (Gallery Theater at Stringer Fine Arts Center)
 - 6:30 p.m.:** NJCAA Track & Field Coaches Association Meeting
 - 8 p.m.:** Open Track events
- Friday, May 22:**
- 9 a.m.:** Combined events start
 - 8 a.m. to 11 a.m.:** Implement weigh-in (Gowans Stadium North Locker Room)
 - 10 a.m.:** Open Field Events begin
 - Noon:** Open Track Events begin
- Saturday, May 23:**
- 8 a.m. to 11 a.m.:** Implement weigh-in (Gowans Stadium North Locker Room)
 - 9 a.m.:** Open Field Events begin
 - 12:45 p.m.:** National Anthem and Opening Ceremonies
 - 1 p.m.:** Open Track Events begin
 - 4:55 p.m.:** Team Awards