

<http://www.mcpherson.edu/athletics/track/09/KCAC%20Schedule%202009.htm>

As of 4/22/2009

2009 KCAC Track & Field Championships May 1-2, 2009

Hosted by McPherson College, McPherson Stadium

Friday, May 1

Field Events

2:00	Long Jump	Men	FINALS
	Discus	Women	FINALS
	Javelin	Men	FINALS
	High Jump	Women	FINALS

4:00	Discus	Men	FINALS
	Javelin	Women	FINALS
	High Jump	Men	FINALS
	Long Jump	Women	FINALS

Running Events (semifinals unless otherwise noted)

5:00	100m Hurdles	Women
5:10	110m Hurdles	Men
5:20	400m Dash	Women
5:30	400m Dash	Men
5:45	100m Dash	Women
5:55	100m Dash	Men

Saturday, May 2

Field Events

1:00	Hammer	Men	FINALS
	Triple Jump	Men	FINALS
	Pole Vault	Women	FINALS
	Shot Put	Women	FINALS

2:00	Pole Vault	Men	FINALS
3:00	Shot Put	Men	FINALS
	Triple Jump	Women	FINALS
	Hammer	Women	FINALS

Running Events -- All FINALS

5:00	4x100m Relay	Women
5:10	4x100m Relay	Men
5:20	1,500m Run	Women
5:30	1,500m Run	Men
5:40	100m Hurdles	Women
5:45	110m Hurdles	Men

6:05	4x800m Relay	Women	FINALS	5:55	400m Dash	Women
6:20	4x800m Relay	Men	FINALS	6:00	400m Dash	Men
6:35	400m Hurdles	Women		6:10	100m Dash	Women
6:45	400m Hurdles	Men		6:15	100m Dash	Men
6:55	200m Dash	Women		6:25	800m Run	Women
7:05	200m Dash	Men		6:30	800m Run	Men
7:20	5,000m Run	Women	FINALS	6:45	400m Hurdles	Women
7:45	5,000m Run	Men	FINALS	6:55	400m Hurdles	Men
8:05	10,000m Run	Men & Women	FINALS	7:05	200m Dash	Women
				7:10	200m Dash	Men
				7:20	3k Steeplechase	Women
				7:35	3k steeplechase	Men
				7:50	4x400m Relay	Women
				8:10	4x400m Relay	men
				8:20	Award Ceremonies	
					Team Champions	
					Most Valuable Athlete	
					Coach of the Year	