



**NJCAA Outdoor Track
District Championships**

2009

Friday May 1st

Coaches Meeting @ Track Barn

		W/M	10k	M	Finals
4:00 p.m.		W / M	10k	W	Finals
		W / M	4x100	M/W	Finals
4:30 p.m.	Hammer		4x800	W/M	Finals
	Javelin				
	Pole Vault				

Field Events:

Saturday May 2nd

Coaches Meeting

		W/M	Trials	9:30 a.m.	Shot	M	Finals
		W/M	Trials		LJ	W/M	Finals
		W/M	Finals		HJ	W	Finals
9:00 a.m.	100m	W/M	Finals		Discus	W	Finals
	100/110 HH	W/M	Finals				
Running Events:	Steeple	W/M	Finals	1:00 p.m.	Shot	W	Finals
	400m	M	Finals		TJ	W/M	Finals
	1500m	W	Finals		Discus	M	Finals
	100m	W/M	Finals		HJ	M	Finals
	110 H	W/M	Finals				
	110 H	W/M	Finals				
	800m	W/M	Finals				
	200m	W/M	Finals				
	400 IH						
	5k						
	4x400						