



NEW HAMPSHIRE MOTOR SPEEDWAY

SYLVANIA 300 Schedule

Thursday, September 17, 2009	
9:00 a.m.	Speedway Spectator Gates Open
11:30 a.m. - 1:00 p.m.	NASCAR Camping World Series East Practice
1:15 p.m. - 2:45 p.m.	NASCAR Whelen Modified Tour Practice
3:15 p.m.	NASCAR Camping World Series East Qualifying for the Heluva Good!® Fall 125 (2 Laps, All Positions - IMPOUND)
4:30 p.m. - 4:35 p.m.	NASCAR Whelen Modified Tour Practice
4:40 p.m.	NASCAR Whelen Modified Tour Qualifying for the New Hampshire 100 (2 Laps, All Positions)
7:00 p.m.	NASCAR Sprint Cup Series Hauler Parade
Friday, September 18, 2009- Heluva Good!® Pole Day	
8:00 a.m.	Speedway Spectator Gates Open
10:30 a.m. - 11:50 a.m.	NASCAR Camping World Truck Series Practice
12:00 p.m. - 1:30 p.m.	NASCAR Sprint Cup Series Practice
1:45 p.m. - 3:00 p.m.	NASCAR Camping World Truck Series Final Practice
3:10 p.m.	NASCAR Sprint Cup Series Qualifying for the SYLVANIA 300 (2 Laps, All Positions)
4:40 p.m.	NASCAR Camping World Series East Driver Introductions for the Heluva Good!® Fall 125
5:10 p.m.	NASCAR Camping World Series East Heluva Good!® Fall 125 (125 Laps, 132.25 Miles)
Saturday, September 19, 2009	
7:00 a.m.	Speedway Spectator Gates Open
8:00 a.m. - 8:20 a.m.	American-Canadian Tour Final Practice
8:30 a.m. - 8:50 a.m.	NASCAR Whelen Modified Tour Final Practice
9:00 a.m. - 9:50 a.m.	NASCAR Sprint Cup Series Practice
10:05 a.m.	NASCAR Camping World Truck Series Qualifying for the Heluva Good!® 200 (2 Laps, All Positions - IMPOUND)
11:30 a.m. - 12:30 p.m.	NASCAR Sprint Cup Series Final Practice
12:35 p.m.	NASCAR Whelen Modified Tour Driver Introductions for the New Hampshire 100
12:45 p.m.	NASCAR Whelen Modified Tour New Hampshire 100 (100 Laps, 105.8 Miles)
2:30 p.m.	NASCAR Camping World Truck Series Driver Introductions for the Heluva Good!® 200
3:00 p.m.	NASCAR Camping World Truck Series Heluva Good!® 200 (200 Laps, 211.6 Miles)
5:30 p.m.	American-Canadian Tour Driver Introductions for The ACT Invitational
5:45 p.m.	American-Canadian Tour The ACT Invitational (50 Laps, 52.9 Miles)
Sunday, September 20, 2009	
7:00 a.m.	Speedway Spectator Gates Open
1:30 p.m.	NASCAR Sprint Cup Series Driver Introductions for the SYLVANIA 300
2:00 p.m.	NASCAR Sprint Cup Series SYLVANIA 300 (300 Laps, 317.4 Miles)

Tentative schedule, subject to change