



## **TRACK AND FIELD / ROAD RUNNING CROSS COUNTRY**

200 Main Street, Winnipeg, Manitoba R3C 4M2 PH: (204) 925-5743 FAX: (204) 925-5792 comm\_athmb@shaw.ca  
[www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

**Indoor Grand Prix #3  
Men's Provincial Pentathlon Championships  
Wednesday, January 10, 2007  
Max Bell Centre, University of Manitoba  
6:00 pm**

### **Schedule**

#### **Track**

<b>6:00 pm</b>	<b><i>60m – Pentathlon Men #1 [5]</i></b>
6:15 pm	60m – Women [55]
6:35 pm	60m – Men [38]
6:50 pm	1500m – Women [12]
7:05 pm	1500m – Men [27]
7:30 pm	400m – Women [28]
7:55 pm	400m – Men [35]
8:15 pm	4x100m – Women [11]
8:25 pm	4x100m – Men [5]
<b>8:30 pm</b>	<b><i>1000m – Pentathlon Men #5 [5]</i></b>

#### **Field**

6:00 pm	Standing Long Jump – Pee Wee (outside pit 3 jumps) [1]
6:00 pm	Shot Put – Special O Women [5]
<b>6:15 pm</b>	<b><i>Long Jump – Pentathlon Men #2 [5]</i></b>
6:10 pm	Long Jump – Special O athletes (outside pit) [2]
6:30 pm	Shot Put – Special O Men [8]
6:50 pm	High Jump – All Men [7]
<b>7:00 pm</b>	<b><i>Shot Put – Pentathlon Men #3 [5]</i></b>
7:15 pm	Triple Jump – All Women [9]
7:45 pm	Weight Toss – All Women [1]
<b>7:45 pm</b>	<b><i>High Jump – Pentathlon Men #4 [5]</i></b>
8:00 pm	Triple Jump – All Men [9]
8:15 pm	Weight Toss – All Men [5]
8:30 pm	High Jump – All Women [8]