



# TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY

214-200 Main St. • Winnipeg, MB R3C 4M2 • Tel: 204-925-5743 • Fax: 204-925-5792 • athleticsmb@shaw.ca • www.athleticsmanitoba.com

## Outdoor Grand Prix #2 & #3

Friday, May 25, 2007

University Stadium, U of M

5:30 pm

### SCHEDULE

#### TRACK

5:30 pm 50m – Hershey 9/10 year olds – outside warm-up track (hand timed) [22] [23]  
 5:45 pm 100mh – Heptathlon Female – Event #1 – WCSG Qualifier, Provincial Championship [6]  
 6:00 pm 400mh – Male [3]  
 6:05 pm 400mh – Female [1]  
 6:20 pm 100m – Male – Decathlon Male Event #1 – WCSG Qualifier, Provincial Championship [5]  
 6:25 pm 100m – Male – Hershey [10]  
 6:35 pm 100m – Male – Open [30]  
 6:45 pm 100m – Female – Hershey [16]  
 6:55 pm 100m – Female – Open [32]  
 7:05 pm 100m – Special O [5]  
 7:15 pm 3000m Steeplechase Male/Female – WCSG Qualifier, Provincial Championship [2] [1]  
 7:45pm 400m – Male – Hershey [18]  
 7:55 pm 400m – Male – Open [16]  
 8:05 pm 400m – Female – Hershey [17]  
 8:10 pm 400m – Female – Open [16]  
 8:20 pm 200m – Heptathlon Female – Event #4  
 8:30 pm 1500m – Special O [5]  
 8:40 pm 1500m – Male – Open [9]  
 8:50 pm 1500m – Female – Open [6]  
 9:00 pm 4x100m relays – Male/Female – Hershey [6] [7]  
 9:10 pm 4x100m relays – Male – Open [3]  
 9:15 pm 4x100m relays – Female – Open [3]  
 9:20 pm 400m – Decathlon Men – Event #5

#### FIELD

5:30 pm Standing Long Jump – Hershey Male/Female – 3 attempts each [60]  
 5:30 pm Shot Put – Special O [8]  
 5:45 pm Long Jump – Men [8]  
 6:00 pm High Jump – Heptathlon Female – Event #2  
 6:15 pm Shot Put – Women [5]  
 6:45 pm Long Jump – Decathlon Men – Event #2  
 7:00 pm Shot Put – Heptathlon Female – Event #3  
 7:00 pm High Jump – Men [3]  
 7:30 pm Shot Put – Decathlon Men – Event #3  
 7:45 pm High Jump – Juvenile/Junior/Open Men  
 7:45 pm Long Jump – Women [18]  
 8:15 pm Shot Put – Men [12]  
 8:30 pm High Jump – Decathlon Men – Event #4  
 9:15 pm High Jump – Women [7]  
 9:00 pm Long Jump – Special O [4]  
 9:00 pm Hammer – Male/Female [5] [2]

#### Hershey Eligible Events

Age as of December 31, 2007

#### 9/10 year olds

50m  
100m  
 200m  
400m  
4x100m relay  
Standing LJ  
 Ball Throw

#### 11/12 year olds

100m  
 200m  
400m  
 800m  
4x100m relay  
Standing LJ  
 Ball Throw

#### 13/14 year olds

100m  
 200m  
 800m  
 1600m  
4x100m relay  
Standing LJ  
 Ball Throw



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**Outdoor Grand Prix #3  
Saturday, May 26, 2007  
University Stadium, U of M  
9:00 am**

## TENTATIVE SCHEDULE

### TRACK

9:00 am **110mh – Decathlon Men – Event #6**  
 9:15 am **5000m Women – WCSG Qualifier & Provincial Championship [8]**  
 9:45 am **5000m Men – WCSG Qualifier & Provincial Championship [14]**  
 10:15 am 110mh – Men [2]  
 10:20 am 110mh – Women [1]  
 10:30 am 80mh – Men [2]  
 10:35 am 80mh – Women [3]  
 10:45 am 1600m – Hershey Men/Women [2] [1]  
 10:55 am Invitational Mile  
 11:05 am 200m – Hershey Men [10]  
 11:15 am 200m – Hershey Women [20]

1:00 pm **800m – Heptathlon Women – Event #7**  
 1:10 pm 800m – Hershey Men [5]  
 1:15 pm 800m – Open Men [16]  
 1:25 pm 800m – Hershey Women [5]  
 1:30 pm 800m – Open Women [19]  
 1:45 pm 800m – Special O [6]  
 2:00 pm 200m – Open Men [34]  
 2:15 pm 200m – Open Women [34] Special O [2]  
 2:30 pm **1500m – Decathlon Men – Event #10**  
 3:00 pm Medley relay (400,200,200,800) – Open Men [1]  
 3:00 pm Medley relay (400,200,200,800) – Open Women [3]

### FIELD

9:00 am Ball Throw – Hershey Men & Women – 3 throws [12] [4]  
 9:00 am Triple Jump – Open Men [3]  
 9:00 am Pole Vault – Open Men [1]  
 9:45 am **Discus – Decathlon Men – Event #7**  
 10:00 am **Long Jump – Heptathlon Women – Event #5**  
 10:00 am Pole Vault – Open Women  
 10:30 am Javelin – Open Women [3]  
 10:45 am Triple Jump – Open Women [8]  
 10:45 am **Pole Vault – Decathlon Men – Event #8**  
 11:15 am **Javelin – Heptathlon Women – Event #6**  
 1:00 pm Standing Long Jump – Pee Wee/Bantam/ Hershey Men & Women – 3 jumps  
 1:00 pm **Javelin – Decathlon Men – Event #9**  
 1:45 pm Javelin – Open Men [6]  
 2:30 pm Discus – Open Women [3]  
 3:15 pm Discus – Open Men [9]

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400m  
4x100m relay  
Standing LJ  
Ball Throw

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200m  
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4x100m relay  
Standing LJ  
Ball Throw

#### 13/14 year olds

100m  
200m  
800m  
1600m  
4x100m relay  
Standing LJ  
Ball Throw