

FLYING 'M' FALL FROLIC
 Max Bell Centre - University of Manitoba
 December 5, 2009

FINAL SCHEDULE

TIME	TRACK	TIME	FIELD
9:00	60m Hurdles (4 heats) 1000m (7 heats)	9:00	Long Jump (2 pits) Pee Wee Girls (19) Bantam Girls (23)
9:30	60m (35 heats)	10:00	Long Jump Midget Girls (14) & Special O Girls (3)
10:45	600m (16 heats)	10:30	Shot Put Pee Wee (12) & Bantam (7) Girls
		11:00	Shot Put Pee Wee (13) & Bantam (6) Boys Long Jump Midget (10) and Special O Boys (3)
12:10	4X100 Relay (7 heats)	11:30	Shot Put Midget (2) & Special O (9) Girls High Jump ALL Women (6+5+1+2)
12:30-1:45	Break on Track	12:30	Weight Toss Men and Women (4 +4) Long Jump Pee Wee (19) & Bantam Boys (15)
		1:00	High Jump Bantam/Midget Boys (6 +4)
1:45	300m (36 heats)	1:30	Shot Put Youth/Jr/Sr Women (0+2+3)
		2:00	Long Jump Youth/Jr/Sr Women (5+3+6)
		2:30	Shot Put Midget, Youth & Special O Boys(1+1+15) High Jump Youth/Jr/Sr Men (0 + 3+1)
3:30	3000m (3 heats)	3:30	Long Jump Youth/Jr/Sr Men (2+7+5) Shot Put Junior/Senior Men (4+4)

**Please note that in the 60m, 300m, 1000m and 3000m the Senior age categories will be run first, with men following the women. After that it will be Pee Wee through to Masters women and then men.

**The 1000m and 600m will be hand timed. All other races will be electronically timed