



TRACK AND FIELD / ROAD RUNNING CROSS COUNTRY
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**Indoor Grand Prix #1
 (Last Chance Meet)
 Friday, December 11th, 2009
 6:00 pm
 Max Bell Centre, University of Manitoba**

Final Schedule

Track

6:00 pm 60m hurdles Men (4 + 2 + 2)
 6:20 pm 60m hurdles Women (3 + 1 + 1 + 3)

Indoor Hurdles Specs (please enter by specification)				
Distance	#H	H Height	To 1st H	Between H's
60 metres	5	0.762 metres (30")	12 metres	7.0 metres
60 metres	5	0.762 metres (30")	12 metres	7.5 metres
60 metres	5	0.762 metres (30")	12 metres	8.0 metres
60 metres	5	0.762 metres (30")	13 metres	8.5 metres
60 metres	5	0.840 meters (33")	13 metres	8.5 metres
60 metres	5	0.914 metres (36")	13.72 metres	9.14 metres
60 metres	5	0.991 metres (39")	13.72 metres	9.14 metres
60 metres	5	1.067 metres (42")	13.72 metres	9.14 metres

6:40 pm 3000m Women (11)
 6:55 pm 3000m Men (14)
 7:15 pm 600m Women (6)
 7:25 pm 600m Men (7)
 7:40 pm 200m Women (16)
 7:50 pm 200m Men (33)
 8:10 pm 150m Women (46)
 8:50 pm 150m Men (26)
 9:20 pm 800m Women (21)
 9:40 pm 800m Men (38)

Field

6:00 pm Long Jump Women - Bantam and Under (24)
 6:00 pm Pole Vault Men & Women (4 + 12)
 6:30 pm Shot Put Men (22)
 7:30 pm Long Jump Men - Bantam and Under + Special O (10)
 8:00 pm Shot Put Women (14)
 8:15 pm Long Jump Women - Midget & older (17)
 9:00 pm Long Jump Men - Midget & Older (16)

