



**Indoor Grand Prix #1  
 (Last Chance Meet)  
 Friday, December 11th, 2009  
 6:00 pm  
 Max Bell Centre, University of Manitoba**

**Revised Final Schedule**

**Track**

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

<b>Indoor Hurdles Specs ( please enter by specification )</b>				
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 800m Women (21)  
 7:00 pm 800m Men (38)  
 7:20 pm 600m Women (6)  
 7:30 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 3000m Women (11)  
 9:35 pm 3000m Men (14)

**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)

