



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

Tentative Schedule

Track

6:00 pm 60mh – Women
 6:20 pm 60mh – Men

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
 6:45 pm 3000m – Men
 7:15 pm 600m – Women (University / PeeWee Only)
 7:25 pm 600m – Men (University / PeeWee Only)
 7:40 pm 200m – Women Youth and older
 7:50 pm 200m – Men Youth and older
 8:10 pm 150m – Women Midget and under
 8:50 pm 150m – Men Midget and Under
 8:20 pm 800m – Women
 8:40 pm 800m – Men

Field

6:00 pm Long Jump - Women Midget and Under
 6:30 pm Shot Put – Men
 7:00 pm Pole Vault – Men / Women
 7:30 pm Long Jump – Men Midget and Under
 8:00 pm Shot Put – Women
 8:15 pm Long Jump – Women Youth and Older
 9:00 pm Long Jump – Men Youth and Older

