



# 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](mailto:athleticsmb@shaw.ca) ● [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

## Outdoor Grand Prix #2

Monday, May 25, 2009

University Stadium, U of M

5:00 pm

### Final Schedule

#### TRACK

5:00 pm	50m Hershey's (1999/2000) ( 9 +17 ) Male/Female outside warm-up track (hand timed)
5:30 pm	Steeplechase Men (3000) (1)
5:45 pm	Steeplechase Women (2000) (3)
6:00 pm	100m – Male (25)
6:15 pm	100m – Female (19)
6:30 pm	100m – Hershey's (1997-2000) Male ( 39 )
6:50 pm	100m – Hershey's (1997-2000) Female ( 60 )
7:15 pm	Intermediate Hurdles (200/300/400) ( 4 + 3 )
7:30 pm	1500m – Male ( 21 )
7:45 pm	1500m – Female ( 16 )
8:00 pm	400m – Male ( 20 )
8:10 pm	400m – Female ( 11 )
8:20 pm	400m – Hershey's (1997/1998) Male ( 16 )
8:30 pm	400m – Hershey's (1997/1998) Female ( 23 )
8:45 pm	4x100m – Open Men ( 1 )
8:55 pm	4x100m – Open Female ( 1 )
9:00 pm	4x100m – Hershey's (1995-2000) Male ( 6 )
9:10 pm	4x100m – Hershey's (1995-2000) Female ( 9 )

#### FIELD

5:00 pm	Standing Long Jump – Hershey's (1995-2000) Male/Female ( 37 + 45 )
5:30 pm	Ball Throw – Hershey's ( 1995-2000 ) Male/Female ( 28 + 23 )
6:00 pm	Long Jump – Male ( 27 ) ( 2 flights - oldest first )
6:00 pm	High Jump – Female ( 12 )
6:15 pm	Shot Put – Female ( 14 )
7:30 pm	Long Jump – Female ( 21 ) ( 2 flights - oldest first )
7:00 pm	High Jump – Male ( 10 )
7:00 pm	Shot Put – Male ( 24 ) ( 2 flights – Special O first )
7:45 pm	Hammer – Male/Female ( 1 + 1 )