



TRACK AND FIELD / ROAD RUNNING CROSS COUNTRY
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**Indoor Grand Prix #2
(Last Chance Meet)
Saturday, December 12th, 2009
9:00 am
Max Bell Centre, University of Manitoba**

Final Schedule

All events are seeded and will be run fastest to slowest.
Late entries will be added to available heats.

Track

9:00 am	60m	Women - Senior – Pee Wee (61)
9:45 am	60m	Men - Senior – Pee Wee Men (58)
10:30 am	4x200m	Women - Senior – Pee Wee (7)
10:45 am	4x200m	Men - Senior – Pee Wee (8)
11:00 am	1500m	Women - Senior – Youth (21)
11:20 am	1500m	Men - Senior – Youth (32)
11:50 am	300m	Women - University & Midget and Under (25)
12:10 pm	300m	Men - University & Midget and Under (30)
12:30 pm	400m	Women - Senior, Junior & Youth (5)
12:40 pm	400m	Men - Senior, Junior & Youth (16)
12:55 pm	1200m	Women - Midget & Under (9)
1:05 pm	1200m	Men - Midget & Under (12)

Field

9:00 am	Triple Jump	Women - Midget & older (10)
10:00 am	Triple Jump	Men - Midget & older (4)
10:30 am	High Jump	Men (15)
10:30 am	Weight Toss	Men /Women (4) (3)
11:00 am	Standing Long Jump	Women/Men - Pee Wee & Bantam (4)(6)
11:30 am	High Jump	Women - Youth & Older (7)
12:30 pm	High Jump	Women - Midget & Younger (7)

