



TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY

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Indoor Grand Prix #3

Wednesday, January 14th, 2009

6:00 pm

Max Bell Centre, University of Manitoba

Final Schedule

Track

6:00 pm	60m – Women (75) fastest first
6:40 pm	60m – Men (57)
7:10 pm	4x100m – Women (14)
7:25 pm	4x100m – Men (6)
7:40 pm	1500m – Women (17) fast section first
7:55 pm	1500m – Men (44)
8:45 pm	300m - Women (44) fast section first
9:10 pm	300m - Men (35)
9:40 pm	400m - Women (8)
9:45 pm	400m - Men (28)

Field

6:00 pm	Triple Jump	– Women (11)
6:00 pm	Standing Long Jump	- Men (17) Outside Pit
6:00 pm	Pole Vault	– All Men / Women (7+ 7)
7:15 pm	Weight Toss	– All Women / Men (3 + 6)
7:00 pm	Triple Jump	– All Men (7)
7:00 pm	Standing Long Jump	- Women (13) Outside Pit
8:00 pm	Long Jump	- Special O Men (5)
8:00 pm	Invitational High Jump	(4)
8:30 pm	Invitational Long Jump	(4)