



## **TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY**

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### **Indoor Grand Prix #3**

Wednesday, January 14th, 2009  
Max Bell Centre, University of Manitoba  
6:00 pm

#### **Tentative Schedule**

##### **Track**

6:00 pm	60m – Women
6:25 pm	60m – Men
6:50 pm	4x100m – Women
7:00 pm	4x100m – Men
7:10 pm	1500m – Women
7:30 pm	1500m – Men
7:50 pm	300 / 400m – Women
8:15 pm	300 / 400m – Men

##### **Field**

6:00 pm	Special O Long Jump (Outside Pit)
6:00 pm	Triple Jump - Women
6:00 pm	Pole Vault – All Men / Women
7:15 pm	Weight Toss – All Women / Men
7:15 pm	Triple Jump – All Men
7:15 pm	Standing Long Jump ( PeeWee / Bantam Men and Women) (Outside Pit)