



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 ● www.athleticsmanitoba.com

Grand Prix #4

Friday, June 12, 2009

University Stadium

5:00 pm

Tentative Schedule

TRACK

5:00 pm	100m – Male – Decathlon Event # 1 CSG Trials
5:30 pm	100mH Heptathlon Female Event #1 CSG Trials
5:45 pm	200H / 300H / 400mH M / F
6:05 pm	100m – M / F
6:45 pm	1500m – M / F
7:20 pm	4x100m – M / F
7:30 pm	400m Youth and Up – M / F
7:50 pm	300m (Midget and Under) M / F
8:05 pm	200m – heptathlon Female – Event #4
8:30 pm	400m – Decathlon Men – Event #5

FIELD

5:30 pm	Long Jump – Decathlon Men –Event # 2
5:45 pm	Long Jump –Men
6:00 pm	Pole Vault – Men / Women
6:00 pm	High Jump –Heptathlon Female – Event #2
6:00 pm	Shot Put – Women / Men
6:45 pm	Shot Put – Decathlon-Men- Event # 3
7:15 pm	Shot Put — Heptathlon Female – Event #3
7:15 pm	High Jump- Decathlon Men- Event # 4
7:45 pm	Long Jump –Women
8:00 pm	Hammer – Male / Female



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Grand Prix #5
Saturday, June 13th, 2009
University Stadium
9:00 am

Tentative Schedule

TRACK

8:30 am	3000m SC – Men – CSG Trials
8:45 am	2000m SC - Women – CSG Trials
9:00 am	5000m – Men
9:20 am	5000m - Women
9:40 am	110mH – Decathlon Men – Event #6
9:45 am	80mH / 100H – Pentathlon- Men / Women Event #1
	80mH / 100mH /110mH – M / F
10:00 am	200m – M / F (Youth and Older)
10:30 am	150m – M / F (Midget and Under)
11:00 am	200-100-100-400 Relay M / W
11:10 am	800m – M / W
12:15 pm	1000 / 800m – Pentathlon Men / Women Event # 5
12:30 pm	800m –Heptathlon Women Event # 7
1:15 pm	1500m Decathlon Men – Event #10

FIELD

9:00 am	Triple Jump – Men
9:00 am	High Jump – Women
9:45 am	Discus – Decathlon Men – Event #7
10:00 am	Long Jump – Heptathlon Women – Event #5
10:00 am	High Jump - Pentathlon Women / Men Event #2
10:30 am	Triple Jump – Women
10:45 am	Pole Vault – Decathlon Men – Event #8
10:45 am	Shot Put – Pentathlon – Women / Men Event #3
11:15 am	Javelin – Heptathlon Women – Event #6
11:15 am	Long Jump - Pentathlon Women / Men Event #4
12:15 pm	Javelin – Decathlon Men – Event #9
12:00 pm	High Jump - Men
1:00 pm	Javelin – Men / Women
2:00 pm	Discus – Men / Women