

Indoor Grand Prix #5
Saturday, January 24, 2009
2009 Indoor Multiple Events Championship
Max Bell Centre, University of Manitoba
9:00 am

Tentative Schedule

Track

9:15 am	60mh - Pentathlon Women #1
9:30 am	60mh - Pentathlon Men #1
9:50 am	60m – Women
10:30 am	60m – Men
11:05 am	150m – Men / Women Triathlon # 3
11:20 am	1500m – Women
11:50 am	1500m – Men
12:20 pm	300m – Women
12:50 pm	300m - Men
1:20 pm	400m – Women
1:35 pm	400m – Men
1:50 pm	800m – Pentathlon Women #5
2:00 pm	800m – Pentathlon Men #5
2:10 pm	1000m – Pentathlon Men #5
2:20 pm	1000m – University Women
2:30 pm	1000m – University Men

Field

9:00 am	Pole Vault – Women / Men
9:00 am	Long Jump – Men / Women Triathlon #1
10:00 am	Standing Long Jump – Pee Wee/Bantam Men (outside pit)
9:45 am	High Jump – Pentathlon Women #2
10:00 am	Long Jump – Pentathlon Men #2
10:00 am	Shot Put – Men / Women Triathlon #2
10:45 am	Shot Put – Pentathlon Women #3
11:00 am	Standing Long Jump – Pee Wee/Bantam Women (outside)
11:15 am	Shot Put – Pentathlon Men #3
11:45 am	Long Jump – Pentathlon Women #4
11:30 am	Triple Jump - Women
12:15 pm	High Jump – Pentathlon Men #4
1:15 pm	Weight Toss – Women / Men
1:00 pm	Triple Jump – Men

REMINDER...THIS IS A TENTATIVE SCHEDULE ONLY. PLEASE CHECK AGAIN FOR THE FINAL SCHEDULE TO BE POSTED THURSDAY, ESPECIALLY FOR MULTI - EVENT ATHLETES.