Indoor Grand Prix #4 Friday, January 23, 2009 Max Bell Centre, University of Manitoba 6:00 pm

Tentative Schedule

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6:15 pm 60mH – Women 6:30 pm 60mH - Men

6:30 pm		60mH - N	Men		
Hurdles S	pecifications Op	tions			
	Distance	#H	H Height	To 1st H	Between H's
White	60 metres	5	0.762 metres (30")	12 metres	7.5 metres
Grey	60 metres	5	0.762 metres (30")	12 metres	8.0 metres
Yellow1	60 metres	5	0.762 metres (30")	13 metres	8.5 metres
Yellow2	60 metres	5	0.840 metres (33")	13 metres	8.5 metres
Red	60 metres	5	0.840 metres (33")	13 metres	8.0 metres
Blue1	60 metres	5	0.914 metres (36")	13.72 metres	9.14 metres
Blue2	60 metres	5	0.991 metres (39")	13.72 metres	9.14 metres
Blue3	60 metres	5	1.067 metres (42")	13.72 metres	9.14 metres
6:50 pm 7:25 pm 8:00pm 8:15 pm 8:30 pm 8:45 pm 9:00 pm 9:20pm 9:40 pm 9:50 pm		150m Wo 150m Mo 200m W 200m — I 800m — I 3000m — 3000m — 600m — I	en omen Men Women Men Women Men Women University Only		
Field 6:00 pm 6:00 pm 7:15 pm 7:45 pm 7:15 pm 7:15 pm 7:15 pm 8:15 pm 8:30 pm 8:45 pm		Long Jur Shot Put Shot Put Long Jur High Jun Long Jur Shot Put	mp – Pee Wee/Bantam M np – Midget/Juvenile/Juni – Pee Wee/Bantam Wom – Pee Wee/Bantam Men np – Midget/Juvenile/Juni np – Men mp – PeeWee /Bantam W – Women np - Women	ior/Senior Men (in nen ior Senior Wome	n (inside pit)

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

Tentative Schedule

<u>Track</u>	
9:15 am	60mh - Pentathlon Women #1
9:30 am	60mh – Pentathion 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
<u>Field</u>	
	Pole Vault – Women / Men
Field 9:00 am 9:00 am	Pole Vault – Women / Men Long Jump – Men / Women Triathlon #1
9:00 am	Long Jump – Men / Women Triathlon #1
9:00 am 9:00 am	Long Jump – Men / Women Triathlon #1 Standing Long Jump – Pee Wee/Bantam Men (outside pit)
9:00 am 9:00 am 10:00 am	Long Jump – Men / Women Triathlon #1
9:00 am 9:00 am 10:00 am 9:45 am	Long Jump – Men / Women Triathlon #1 Standing Long Jump – Pee Wee/Bantam Men (outside pit) High Jump – Pentathlon Women #2
9:00 am 9:00 am 10:00 am 9:45 am 10:00 am	Long Jump – Men / Women Triathlon #1 Standing Long Jump – Pee Wee/Bantam Men (outside pit) High Jump – Pentathlon Women #2 Long Jump – Pentathlon Men #2
9:00 am 9:00 am 10:00 am 9:45 am 10:00 am 10:00 am	Long Jump – Men / Women Triathlon #1 Standing Long Jump – Pee Wee/Bantam Men (outside pit) High Jump – Pentathlon Women #2 Long Jump – Pentathlon Men #2 Shot Put – Men / Women Triathlon #2
9:00 am 9:00 am 10:00 am 9:45 am 10:00 am 10:45 am	Long Jump – Men / Women Triathlon #1 Standing Long Jump – Pee Wee/Bantam Men (outside pit) High Jump – Pentathlon Women #2 Long Jump – Pentathlon Men #2 Shot Put – Men / Women Triathlon #2 Shot Put – Pentathlon Women #3
9:00 am 9:00 am 10:00 am 9:45 am 10:00 am 10:45 am 11:00 am	Long Jump – Men / Women Triathlon #1 Standing Long Jump – Pee Wee/Bantam Men (outside pit) High Jump – Pentathlon Women #2 Long Jump – Pentathlon Men #2 Shot Put – Men / Women Triathlon #2 Shot Put – Pentathlon Women #3 Standing Long Jump – Pee Wee/Bantam Women (outside) Shot Put – Pentathlon Men #3 Long Jump – Pentathlon Women #4
9:00 am 9:00 am 10:00 am 9:45 am 10:00 am 10:45 am 11:00 am 11:15 am 11:45 am 11:30 am	Long Jump – Men / Women Triathlon #1 Standing Long Jump – Pee Wee/Bantam Men (outside pit) High Jump – Pentathlon Women #2 Long Jump – Pentathlon Men #2 Shot Put – Men / Women Triathlon #2 Shot Put – Pentathlon Women #3 Standing Long Jump – Pee Wee/Bantam Women (outside) Shot Put – Pentathlon Men #3 Long Jump – Pentathlon Women #4 Triple Jump - Women
9:00 am 9:00 am 10:00 am 10:00 am 10:45 am 11:00 am 11:15 am 11:45 am 11:30 am 12:15 pm	Long Jump – Men / Women Triathlon #1 Standing Long Jump – Pee Wee/Bantam Men (outside pit) High Jump – Pentathlon Women #2 Long Jump – Pentathlon Men #2 Shot Put – Men / Women Triathlon #2 Shot Put – Pentathlon Women #3 Standing Long Jump – Pee Wee/Bantam Women (outside) Shot Put – Pentathlon Men #3 Long Jump – Pentathlon Women #4 Triple Jump - Women High Jump – Pentathlon Men #4
9:00 am 9:00 am 10:00 am 9:45 am 10:00 am 10:45 am 11:00 am 11:15 am 11:45 am 11:30 am	Long Jump – Men / Women Triathlon #1 Standing Long Jump – Pee Wee/Bantam Men (outside pit) High Jump – Pentathlon Women #2 Long Jump – Pentathlon Men #2 Shot Put – Men / Women Triathlon #2 Shot Put – Pentathlon Women #3 Standing Long Jump – Pee Wee/Bantam Women (outside) Shot Put – Pentathlon Men #3 Long Jump – Pentathlon Women #4 Triple Jump - Women

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