

Indoor Grand Prix #6
Wednesday, February 25, 2009
Max Bell Centre, University of Manitoba
6:00 pm

Final Schedule

Track

6:00 pm Special "O" 60 meters (hand timed) (5)
 6:15 pm 60mh – Men (2+1)
 6:25 pm 60mh – Women (2+2+2)

Hurdle Options				
Distance	#H	H Height	To 1st H	Between H's
60 metres	5	0.762 metres (30")	12 metres	7.0 metres
60 metres	5	0.762 metres (30")	12 metres	8.0 metres
60 metres	5	0.762 metres (30")	13 metres	8.5 metres
60 metres	5	0.840 metres (33")	13 metres	8.5 metres
	5			
60 metres	5	0.762 metres (30")	12 metres	7.5 metres
60 metres	5	0.840 metres (33")	13 metres	8.0 metres
60 metres	5	0.914 metres (36")	13.72 metres	9.14 metres
60 metres	5	0.991 metres (39")	13.72 metres	9.14 metres
60 metres	5	1.067 metres (42")	13.72 metres	9.14 metres

6:40 pm 150 m – Men (17)
 6:55 pm 150 m – Women (30)
 7:25 pm 200m – Men (32)
 7:50 pm 200m – Women (17)
 8:05 pm 600m – Women (7)
 8:15 pm 800m – Men (42)
 8:35 pm 800m –Women (14)
 8:50pm 3000m – Men (9)
 9:05 pm 3000m – Women (7)

Field

6:00 pm Long Jump – Pee Wee/Bantam Women (11)
 6:00 pm Pole Vault – Men / Women (5)
 6:45 pm Shot Put – Pee Wee/Bantam Men / Women (3 + 4)
 Shot Put – Special O (8 + 4)
 6:45 pm Long Jump – Pee Wee/Bantam Men (6)
 7:30 pm High Jump – Women (6)
 7:30 pm Long Jump – Midget and up Men (12)
 7:45 pm Shot Put – Midget and up Women (6)
 8:30 pm High Jump – Men (7)
 8:15 pm Long Jump – Midget /Youth Women (15)
 9:00 pm Junior / Senior (9)
 8:30 pm Shot Put – Midget and up Men (1+5+6)