

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

**Revised Tentative Schedule**

**Track**

6:00 pm Special "O" 60 meters (hand timed)  
 6:15 pm 60mh – Men  
 6:30 pm 60mh – Women

<b>Hurdle Options</b>				
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

6:45 pm 150m – Men  
 7:15 pm 150m - Women  
 7:45 pm 200m – Men  
 8:00 pm 200m – Women  
 8:15 pm 600m – Men (University only)  
 8:20 pm 600m –Women (University only)  
 8:25 pm 800m – Men  
 8:45 pm 800m –Women  
 9:00 pm 3000m – Men  
 9:20 pm 3000m – Women  
 9:40 pm 5000m – Men/Women

**Field**

6:00 pm Long Jump – Pee Wee/Bantam Women  
 6:45 pm Shot Put – Pee Wee/Bantam Men / Women  
 7:00 pm Long Jump – Pee Wee/Bantam Men  
 7:30 pm High Jump  
 7:45 pm Long Jump – Midget and up Men  
 7:45 pm Shot Put – Midget and up Women  
 8:30 pm Long Jump – Midget and up Women  
 8:30 pm Shot Put – Midget and up Men