



# TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY

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## Outdoor Grand Prix # 6

Wednesday, June 24, 2009

University Stadium, U of M

6:00 pm

Final Schedule

### TRACK

5:15 pm	3000m S / C ( M ) ( 1 ) Canada Games Trials
5:40 pm	( W ) ( 3 )
6:00 pm	110H ( M ) ( 4 )
6:10 pm	100H ( W ) ( 5 )
6:20 pm	100m ( M ) ( 29 )
	( W ) ( 32 )
7:00 pm	1500m ( M ) ( 22 )
	( W ) ( 4 )
7:30 pm	300m – Pee Wee/Bantam/Midget M ( 7 )
	W ( 9 )
7:45 pm	400m – Youth and Older M ( 13 )
	W ( 15 )
8:15 pm	3000 m ( M ) ( 1 )
8:30 pm	5000m ( M ) ( 4 )
	( W ) ( 1 )

### FIELD

6:00 pm	Long Jump – Male ( 15 )
6:00 pm	Pole Vault – M / F ( 3 + 1 )
7:00 pm	Long Jump – Female Midget and Younger ( 12 )
8:00 pm	Long Jump – Female Youth and Older ( 12 )
6:00 pm	Shot Put – Male ( 14 )
7:00 pm	- Female ( 13 )
8:00 pm	Hammer – Male M / F ( 1 + 3 )