



**Indoor Grand Prix #1
 (Last Chance Meet)
 Friday, December 11th, 2009
 6:00 pm
 Max Bell Centre, University of Manitoba**

Tentative Schedule

Track

6:00 pm 60m hurdles 42" Men
 39" Men
 36" Men
 33" Men
 33" Women
 30" Men
 30" Women

| Indoor Hurdles Specs (please enter by specification) | | | | |
|---|----------|--------------------|---------------|-----------------|
| Distance | #Hurdles | Hurdle Height | To 1st Hurdle | Between Hurdles |
| 60 metres | 5 | 0.762 metres (30") | 12 metres | 7.0 metres |
| 60 metres | 5 | 0.762 metres (30") | 12 metres | 7.5 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 meters (33") | 13 metres | 8.5 metres |
| 60 metres | 5 | 0.914 metres (36") | 13 metres | 8.5 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 Midget Women & younger heats combined, fastest to slowest)
 7:00 pm 150m Midget Men & younger (heats combined, fastest to slowest)
 7:15 pm 800m Senior & Younger Women (heats combined, fastest to slowest)
 7:30 pm 800m Senior & Younger Men (heats combined, fastest to slowest)
 7:45 pm 200m Sr., Jr., Youth Women (heats combined, fastest to slowest)
 8:00 pm 200m Sr., Jr., Youth Men (heats combined, fastest to slowest)
 8:15 pm 600m University Women, Pee Wee Women
 8:30 pm 600m University Men, Pee Wee Men
 8:45 pm 3000m Women (heats combined, fastest to slowest)
 9:00 pm 3000m Men (heats combined, fastest to slowest)

Field

6:00 pm Long Jump Women Midget and Under
 6:30 pm Shot Put Men
 7:00 pm Pole Vault Men / Women
 7:30 pm Long Jump Men Midget and Under
 8:00 pm Shot Put Women
 8:15 pm Long Jump Women Youth and Older
 9:00 pm Long Jump Men Youth and Older

