

**2009 MANITOBA INDOOR GAMES  
JUNIOR AND SENIOR HIGH SCHOOL CHAMPIONSHIPS  
FEBRUARY 13 AND 14, 2009  
Major sponsors – MacDon, Boston Pizza, The Keg  
Cooperating Club: Stride Ahead Tough Track**

**SCHEDULE**

**Friday, February 13, 2009**

1:00 p.m.

**Meet Ceremonies**

**TRACK**

**Session #1**

1:15 p.m.	Bantam Women	200m (35)	Heats (6)	6 best times to final
1:45 p.m.	Bantam Men	200m (20)	Heats (4)	6 best times to final
2:05 p.m.	Midget Women	200m (23)	Heats (4)	6 best times to final
2:25 p.m.	Midget Men	200m (28)	Heats (5)	6 best times to final
2:50 p.m.	Bantam Women	1500m (5)	FINAL	
3:00 p.m.	Bantam Men	1500m (6)	FINAL	
3:10 p.m.	Midget Women	1500m (7)	FINAL	
3:20 p.m.	Midget Men	1500m (19)	2 TIMED FINALS	
3:40 p.m.	Bantam Women	200m	FINAL	
3:45 p.m.	Bantam Men	200m	FINAL	
3:50 p.m.	Midget Women	200m	FINAL	
3:55 p.m.	Midget Men	200m	FINAL	
4:00 p.m.	Youth Women	400m (11)	2 TIMED FINALS	
4:10 p.m.	Youth Men	400m (22)	4 TIMED FINALS	
4:35 p.m.	Special O Women	60m (4)	FINAL	
4:40 p.m.	Special O Men	60m (10)	FINAL	

**4:45 p.m.**

**Dinner Break**

**FIELD EVENTS**

1:00 p.m.	Midget Men	Long Jump (18)
1:00 p.m.	Midget Men	Shot Put (6)
1:00 p.m.	Midget Women	High Jump (10)
2:00 p.m.	Midget Women	Long Jump (28)
2:00 p.m.	Bantam Men	Shot Put (8)
2:00 p.m.	Bantam Women	High Jump (11)

**Dinner Break**

**TRACK**

**Session #2**

5:30 p.m.	Youth Women	200m (21)	Heats (4)	6 best times to final
5:45 p.m.	Youth Men	200m (49)	Heats (8)	6 best times to final
6:25 p.m.	Junior Women	200m (4)	FINAL	
6:25 p.m.	Open Women	200m (3)	FINAL	
6:35 p.m.	Junior Men	200m (21)	Heats (5)	6 best times to final
6:55 p.m.	Open Men	200m (5)	FINAL	
7:00 p.m.	Special O Women	200m (4)	FINAL	
7:05 p.m.	Special O Men	200m (10)	2 TIMED FINALS	
7:15 p.m.	Youth Women	1500m (11)	FINAL	
7:25 p.m.	Youth Men	1500m (27)	3 TIMED FINALS	
7:55 p.m.	Youth Women	200m	FINAL	
8:00 p.m.	Youth Men	200m	FINAL	
8:10 p.m.	Junior Men	200m	FINAL	
8:20 p.m.	Special O Men	1500m (4)	FINAL	
8:30 p.m.	Junior/Open Women	1500M (3)(2)	FINAL	
8:40 p.m.	Junior/Open Men	1500M (6)(8)	2 TIMED FINAL	

**FIELD EVENTS**

5:00 p.m.	Special O Men	Shot Put (2)
5:30 p.m.	Junior/Open Women	Long Jump (12)
5:30 p.m.	Junior/Open Men	High Jump (10)
5:30 p.m.	Junior/Open Women	Shot Put (3)(7)
6:30 p.m.	Youth Women	Long Jump (26)
6:30 p.m.	Youth Men	Shot Put (17)
6:45 p.m.	Youth Men	High Jump (15)
7:45 p.m.	Junior/Open Men	Shot Put (2)(7)
8:00 p.m.	Youth/Junior/Open Women	High Jump(6) (10)
8:00 p.m.	Youth Men	Long Jump (18)
9:00 p.m.	Women/Men	Weight Toss

**SATURDAY, FEBRUARY 14, 2009****TRACK****Session #3**

9:00 a.m.	Midget Women	3000m (2)	FINAL	
9:20 a.m.	Midget Men	3000m (3)	FINAL	
9:40 a.m.	Junior/Open Women	400m (2)	FINAL	
9:45 a.m.	Junior/Open Men	400m (10)	2 TIMED FINAL	
9:55 a.m.	Bantam Women	400 (14)	3 TIMED FINAL	
10:10 a.m.	Bantam Men	400m (11)	2 TIMED FINAL	
10:20 a.m.	Midget Women	400m (8)	2 TIMED FINAL	
10:30 a.m.	Midget Men	400m (16)	3 TIMED FINAL	
10:50 a.m.	Bantam Women	60mh (7)	FINAL	
10:55 a.m.	Bantam Men	60mh (4)	FINAL	
11:05 a.m.	Midget Women	60mh (13)	2 heats	Best 8 times to final
11:15 a.m.	Midget Men	60mh (11)	2 heats	Best 8 times to final
11:30 a.m.	Bantam Women	60m (28)	4 heats	Best 8 times to final
11:50 a.m.	Bantam Men	60m (14)	2 heats	Best 8 times to final
12:00 p.m.	Midget Women	60m (39)	5 heats	Best 8 times to final
12:25 p.m.	Midget Men	60m (32)	4 heats	Best 8 times to final

**12:45 p.m.****Lunch Break****FIELD**

8:45 a.m.	Bantam Women	Long Jump (27)
9:00 a.m.	Bantam Men	High Jump (7)
9:30 a.m.	Bantam Women	Shot Put (9)
9:45 a.m.	Bantam Men	Long Jump (13)
10:45 a.m.	Junior/Open Men	Long Jump (7)

**Lunch Break****TRACK****Session #4**

1:45 p.m.	Youth Women	60mh (7)	FINAL	
1:55 p.m.	Youth Men	60mh (8)	FINAL	
2:00 p.m.	Junior Women	60mh (7)	FINAL	
2:10 p.m.	Open Women	60mh (2)	FINAL	
2:15 p.m.	Junior Men	60mh (6)	FINAL	
2:25 p.m.	Youth Women	60m (22)	3 heats	Best 8 times to final
2:35 p.m.	Youth Men	60m (48)	6 heats	Best 8 times to final
3:05 p.m.	Junior Women	60m (12)	2 heats	Best 8 times to final
3:05 p.m.	Open Women	60m (2)	FINAL	
3:10 p.m.	Junior Men	60m (17)	3 heats	Best 8 times to final
3:20 p.m.	Open Men	60m (5)	FINAL	
3:30 p.m.	Bantam Women	800m (21)	2 TIMED FINAL	
3:40 p.m.	Bantam Men	800m (4)	FINAL	
3:45 p.m.	Midget Women	800m (9)	FINAL	
3:50 p.m.	Midget Men	800m (24)	3 TIMED FINAL	
4:05 p.m.	Youth Women	800m (15)	2 TIMED FINAL	

4:15 p.m.	Youth Men	800m (28)	3 TIMED FINAL
4:30 p.m.	Junior/Open Women	800m (9)	FINAL
4:40 p.m.	Junior/Open Men	800m (15)	2 TIMED FINAL
4:50 p.m.	Special O Women	400m (1)	TIMED FINAL
4:50 p.m.	Special O Men	400m (4)	TIMED FINAL
5:05 p.m.	Bantam Women	4X200m (5)	TIMED FINAL
5:15 p.m.	Bantam Men	4X200m (8)	2 TIMED FINAL
5:25 p.m.	Midget Women	4X200m (5)	TIMED FINAL
5:35 p.m.	Midget Men	4X200m (2)	TIMED FINAL

**5:40 p.m.**

**Dinner Break**

**FIELD**

1:45 p.m.	All Men	Pole Vault (7)
1:45 p.m.	Midget Men	Triple Jump (12)
2:45 p.m.	Youth Men	Triple Jump (6)
3:30 p.m.	Midget Men	High Jump (15)
3:30 p.m.	Midget Women	Shot Put (5)
3:45 p.m.	Midget Women	Triple Jump (10)
4:15 p.m.	Youth Women	Shot Put (13)

5:40 p.m.

**Dinner Break**

**TRACK**

**Session #5**

6:30 p.m.	Youth/Junior/Open Women	3000m (3)(9)	FINAL
6:50 p.m.	Midget Women	60mh	FINAL
7:00 p.m.	Midget Men	60mh	FINAL
7:25 p.m.	Bantam Women	60m	FINAL
7:30 p.m.	Bantam Men	60m	FINAL
7:35 p.m.	Midget Women	60m	FINAL
7:40 p.m.	Midget Men	60m	FINAL
7:45 p.m.	Youth Women	60m	FINAL
7:50 p.m.	Youth Men	60m	FINAL
7:55 p.m.	Junior/Open Men	60m	FINAL
8:05 p.m.	Youth Men	3000m (12)	FINAL
8:25 p.m.	Junior/Open	3000m (10)	FINAL
8:45 p.m.	Youth/Junior Women	4x200m (3)(1)	FINAL
8:55 p.m.	Youth Men	4x200m (9)	2 TIMED FINAL
9:15 p.m.	Junior Men	4x200m (2)	FINAL

**FIELD**

6:30 p.m.	Women's	Pole Vault (7)
6:30 p.m.	Youth Women	Triple Jump (15)
7:30 p.m.	Junior/Open Men	Triple Jump (3)
8:00 p.m.	Junior/Open Women	Triple Jump (5)

9:25 p.m.

**End of Meet**