



# TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY

145 Pacific Ave ● Winnipeg, MB R3B 2Z6 ● Tel: 204-925-5745 ● Fax: 204-925-5792 ● [athleticsmb@shaw.ca](mailto:athleticsmb@shaw.ca) ● [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

**Indoor Grand Prix #1  
(Last Chance Meet)  
Friday, December 10th, 2010  
6:00 pm  
Max Bell Centre, University of Manitoba**

### Tentative Schedule

**\*Track Events will be run from Fastest to Slowest heats\***

#### Track

6:00 pm 60m hurdles Men/Women

Indoor Hurdles Specs ( please enter by specification )				
Distance	#H	H Height	To 1st H	Between H's
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")	13.72 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	3000m	Men
6:55 pm	3000m	Women
7:15 pm	600m	Men
7:25 pm	600m	Women
7:40 pm	200m	Men – Midget and up
7:50 pm	200m	Women – Midget and up
8:10 pm	150m	Men – PeeWee & Bantam
8:50 pm	150m	Women – PeeWee & Bantam
8:20 pm	800m	Men
8:40 pm	800m	Women
8:55 pm	1000m	Men (University Only)
9:10 pm	1000m	Women (University Only)

#### Field

6:00 pm	Long Jump	Women PeeWee & Bantam
6:00 pm	Pole Vault	Men & Women
6:30 pm	Shot Put	Men
7:30 pm	Long Jump	Men PeeWee & Bantam + Special O
8:00 pm	Shot Put	Women
8:15 pm	Long Jump	Women Midget & up
9:00 pm	Long Jump	Men Midget & up





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**Indoor Grand Prix #2  
(Last Chance Meet)  
Saturday, December 11th, 2010  
9:00 am**

**Max Bell Centre, University of Manitoba**

**\*Track Events will be run from Fastest to Slowest heats\***

## Track

9:00 am	60m	Senior – Pee Wee Men
9:45 am	60m	Senior – Pee Wee Women
10:30 am	4x200m	Senior – Pee Wee Men
10:45 am	4x200m	Senior – Pee Wee Women
11:00 am	1500m	Senior – Youth Men
11:20 am	1500m	Senior – Youth Women
11:50 am	300m	University & Midget and Under Men
12:10 pm	300m	University & Midget and Under Women
12:30 pm	400m	Senior, Junior & Youth Men
12:40 pm	400m	Senior, Junior & Youth Women
12:55 pm	1200m	Midget & Under Men
1:05 pm	1200m	Midget & Under Women

## Field

9:00 am	Triple Jump	Midget & older Women
10:00 am	Triple Jump	Midget & older Men
10:30 am	High Jump	Men
10:30 am	Weight Toss	All Men /Women
11:00 am	Standing Long Jump	Pee Wee & Bantam Women/Men
11:30 am	High Jump	Youth & Older Women
12:30 pm	High Jump	Midget & Younger Women

