

FLYING 'M' FALL FROLIC
 Max Bell Centre - University of Manitoba
 December 4, 2010

FINAL SCHEDULE

| TIME | TRACK | TIME | FIELD |
|------------|--|-------|--|
| 9:00 | 60m Hurdles (1 heat women, 2 men) 1000m (6 heats) | 9:00 | Long Jump (2 pits) Pee Wee Girls (24) |
| 9:30 | 60m (25 heats) Senior W+M, PeeWee W+M, Bantam W+M, Youth W+M, Junior W+M | 10:15 | Long Jump Bantam Girls (13) Midget Girls & Special O Girls (4 +0) |
| 11:00 | 600m (11 heats) | 10:30 | Shot Put Pee Wee (7) & Bantam Girls (4) |
| | | 11:00 | Shot Put Pee Wee (5)& Bantam Boys (5) Long Jump Bantam/Midget/Special O Boys (8 +3 + 0) |
| 12:10 | 4X100 Relay (3 heats) | 11:30 | Shot Put Midget (4) & Special O Girls(4) High Jump ALL Women (12) |
| 12:30-1:45 | Break on Track | 12:30 | Weight Toss Men (7) and Women (7) Long Jump Pee Wee (29) |
| | | 1:00 | High Jump Bantam (2) /Midget Boys (7) |
| 1:45 | 300m (22 heats) Senior W+M PeeWee W+M Bantam W+M Youth W+M Junior W+M | 1:30 | Shot Put Youth/Jr/Sr/Mst Women (4, 3, 2, 1) |
| | | 2:00 | Long Jump Youth/Jr/Sr Women (2, 2, 1) |
| | | 2:30 | Shot Put Midget, Youth & Special O Boys(4+2+9) High Jump Youth/Jr/Sr Men (3+4+1) |
| 3:30 | 3000m 1 heat women 2 heats men | 3:30 | Long Jump Youth/Jr/Sr Men (4+3+1) Shot Put Junior/Senior Men (5+5) |

**Please note that in the 60m, 300m, 600m, 1000m and 3000m the Senior age categories will be run first, with men following the women. After that it will be Pee Wee through to Masters women and then men.

**The 1000m and 600m will be hand timed. All other races will be electronically timed

***Note: Bantam men's Long Jump has been moved to 11:00 am

***Note: Bantam Women's Long Jump has been moved to 10:15am