



Indoor Grand Prix #3
Wednesday, January 13th, 2010
Max Bell Centre, University of Manitoba
6:00 pm

Final Schedule

Events may run up to 15 minutes ahead

Track

6:00 pm 60mh – Men (5 + 5)
 6:15 pm 60mh – Women (2 + 2)

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 meters	5	0.840 meters (33")	13 meters	8.5 meters
60 metres	5	0.914 metres (36")	13 metres	8.5 metres
60 metres	5	0.914 metres (36")	13.72 metres	9.13 metres
60 metres	5	0.991 metres (39")	13.72 metres	9.13 metres
60 metres	5	1.067 metres (42")	13.72 metres	9.13 metres

6:40 pm 1000m – Men (University Only) (3)
 6:45 pm 600m – Women (University / PeeWee Only) (4)
 6:55 pm 600m – Men (University / PeeWee Only) (15)
 7:10 pm 200m – Women Youth and older (19)
 7:25 pm 200m – Men Youth and older (27)
 7:45 pm 800m – Women (14)
 7:55 pm 800m - Men (30)
 8:15 pm 150m – Women Midget and under (35)
 8:40 pm 150m – Men Midget and Under (21)
 8:55 pm 3000m – Women (2)
 9:10 pm 3000m – Men (6)
 9:25 pm 4x 200 – Women (8)
 9:35 pm 4x 200 - Men (8)
 9:45 pm 4x 800 – Women (4)
 9:55 pm 4x 800 - Men (4)

Field

6:00 pm Long Jump - Women Bantam and PeeWee (20)
 6:30 pm Shot Put - Women (2 + 5 + 8)
 6:00 pm Pole Vault - Men / Women (5 + 11)
 7:00 pm Long Jump - All Men (16)
 8:00 pm Shot Put - Men (1 + 2 + 2 + 6)
 8:15 pm Long Jump - Women Midget and Youth (12)
 9:15 pm Long Jump - Women Junior and Up (10)

