



**TRACK AND FIELD / ROAD RUNNING CROSS COUNTRY**  
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**Indoor Grand Prix #3**  
**Wednesday, January 13th, 2010**  
**Max Bell Centre, University of Manitoba**  
**6:00 pm**

**Tentative Schedule**

(Please note **start times will likely change**, as it is dependent on the number of entries)

**Track**

6:00 pm                                 60mh – Men  
 6:20 pm                                 60mh – Women

<b>Indoor Hurdles Specs ( please enter by specification )</b>				
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 – Women (University Only)  
 6:45 pm                                 1000m – Men (University Only)  
 6:55 pm                                 600m – Women (University / PeeWee Only)  
 7:10 pm                                 600m – Men (University / PeeWee Only)  
 7:25 pm                                 200m – Women Youth and older  
 7:35 pm                                 200m – Men Youth and older  
 7:50 pm                                 800m – Women  
 8:00 pm                                 800m - Men  
 8:15 pm                                 150m – Women Midget and under  
 8:30 pm                                 150m – Men Midget and Under  
 8:45 pm                                 3000m – Women  
 9:00 pm                                 3000m – Men  
 9:15 pm                                 4x 200 – Women  
 9:20 pm                                 4x 200 - Men  
 9:25 pm                                 4x 800 – Women (University only)  
 9:35 pm                                 4x 800 - Men (University only)

**Field**

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

