



TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY

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Outdoor Grand Prix #3

Tuesday, June 1st, 2010

Selkirk

6:00 pm

TENTATIVE SCHEDULE

TRACK

6:00 pm	80m / 100m / 110m Hurdles
6:30pm	800m
7:00 pm	200m
7:30 pm	150m
8:00 pm	5000m M / W
8:25 pm	800-200-200-400 Relay

FIELD

6:00 pm	Triple Jump - Men
6:00 pm	High Jump - Women
6:00 pm	Javelin - M / W
7:15 pm	High Jump - Men
7:15 pm	Triple Jump - Women
7:15 pm	Discus - M / W



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