



TRACK AND FIELD / ROAD RUNNING CROSS COUNTRY
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Indoor Grand Prix # 4
Friday, January 22nd , 2010
6:00 pm
Max Bell Centre, University of Manitoba

Final Schedule

Track

6:00 pm	60m – Men (68)
6:40 pm	60m – Women (76)
7:20 pm	150m – Triathlon (Men / Women – PeeWee / Bantam) (7 + 8)
7:35 pm	1200m – Men (Midget and Under) (11)
7:45 pm	1200m – Women (Midget and Under) (3)
7:50 pm	4x100m- Men
8:00 pm	4x100m - Women
8:10 pm	1500m – Men (Youth and Older) (22)
8:25 pm	1500m – Women (Youth and Older) (10)
8:40 pm	300m – Women Midget and Under / University (22)
9:00 pm	300m – Men Midget and Under / University (26)
9:20 pm	400m – Women Youth and Over (7)
9:25 pm	400m – Men Youth and Over (10)

Field

6:00 pm	Long Jump	– Triathlon – (Men/Women – PeeWee/Bantam)
6:30 pm	Shot Put	– Triathlon (Men/Women – PeeWee/Bantam)
6:30 pm	Triple Jump	- Men (6)
7:30 pm	High Jump	– Women (11)
7:30 pm	Weight Toss	– All Men /Women (2+4)
8:00 pm	Triple Jump	– Women (13)
8:00 pm	High Jump	– Men (11)

