



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

Tentative Schedule

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

Track

6:00 pm	60m – Men
6:30 pm	60m – Women
7:00 pm	150m – Triathlon (Men / Women – PeeWee / Bantam)
7:10 pm	1200m – Men (Midget and Under)
7:25 pm	1200m – Women (Midget and Under)
7:40 pm	1500m – Men (Youth and Older)
8:10 pm	1500m – Women (Youth and Older)
8:30 pm	4x100m- Men
8:40 pm	4x100m - Women
8:50 pm	300m – Women Midget and Under / University
9:10 pm	300m – Men Midget and Under / University
9:30 pm	400m – Women Youth and Over
9:45 pm	400m – Men Youth and Over

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
7:15 pm	High Jump	– Women
7:30 pm	Weight Toss	– All Men /Women
8:00 pm	Triple Jump	– Women
8:00 pm	High Jump	– Men

