



**Indoor Grand Prix #5**  
**Saturday, January 23rd, 2010**  
**9:00 am**  
**Max Bell Centre, University of Manitoba**

**Final Schedule**

**Track**

9:00 am 60mh – Men (Including Pentathlon ) ( 14 )  
 9:20 am 60mh – Women (Including Pentathlon) ( 12 )

<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	9.14 metres
60 metres	5	0.991 metres (39")	13.72 metres	9.14 metres
60 metres	5	1.067 metres (42")	13.72 metres	9.14 metres

9:40 am 3000m – Men (21)  
 10:05 am 3000m – Women (8)  
 10:20 am 600m – Men (University / PeeWee Only) (15)  
 10:35 am 600m – Women (University / PeeWee Only) (5)  
 10:45 am 200m – Women Youth and older (20)  
 11:00 am 200m – Men Youth and older (35)  
 11:25 am 150m – Women Midget and under (41)  
 11:55 am 150m – Men Midget and Under (33)  
 12:25 pm 800m – Women (20)  
 12:40 pm 800m – Men (29)  
 1:00 pm 1000m - Women University  
 2:00 pm 800m – Women’s Pentathlon (2)  
 2:05 pm 1000m – Men’s Pentathlon (4)

**Field**

9:00 am Long Jump - Women Bantam and Under (14) Outside Pit  
 9:00 am Pole Vault – Men / Women (2 + 3)  
 9:30 am Shot Put – Men Midget and Under & Special O (25)  
 10:00 am High Jump – Women’s Pentathlon  
 10:00 am Long Jump – Men Bantam and Under (17) Outside Pit  
 - Men Youth and Up (10) including Pentathlon) Inside Pit  
 10:30 am Shot Put – Women (20)  
 11:00 am Long Jump – Women Midget and Older (19)  
 11:30 am Shot Put - Men Youth and Up (10) / All Pentathlon  
 12:30 pm Long Jump – Men Midget (11) (including Special O/Women’s Pent.)  
 12:30 pm High Jump – Men’s Pentathlon

