



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

**Tentative Schedule**

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

**Track**

9:00 am 60mh – Men (Including Pentathlon )  
 9:15 am 60mh – Women (Including Pentathlon)

| Indoor Hurdles Specs ( please enter by specification ) |          |                    |               |                 |
|--|----------|--------------------|---------------|-----------------|
| 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     |

9:30 am 3000m – Men  
 9:50 am 3000m – Women  
 10:10 am 600m – Men (University / PeeWee Only)  
 10:25 am 600m – Women (University / PeeWee Only)  
 10:40 am 200m – Women Youth and older  
 11:00 am 200m – Men Youth and older  
 11:20 am 150m – Women Midget and under  
 11:50 am 150m – Men Midget and Under  
 12:10 pm 800m – Women  
 12:25 pm 800m – Men  
 1:25 pm 800m – Women’s Pentathlon  
 1:30 pm 1000m – Men’s Pentathlon

**Field**

9:00 am Long Jump - Women Midget and Under  
 9:30 am Shot Put – Men  
 9:00 am Pole Vault – Men / Women  
 10:00 am High Jump – Women’s Pentathlon  
 10:00 am Long Jump – Men Midget and Under and Men’s Pentathlon  
 10:30 am Shot Put – Women  
 11:00 am Long Jump – Women Youth and Older  
 11:15 am Shot Put - All Pentathlon  
 12:00 pm Long Jump – Men Youth and Older / Women’s Pentathlon  
 12:00 pm High Jump – Men’s Pentathlon

