



TRACK AND FIELD / ROAD RUNNING CROSS COUNTRY
 145 PACIFIC AVE. WINNIPEG, MB R3B 2Z6 TEL: 204-925-5745 FAX:
 204-925-5792 EMAIL: athleticsmb@shaw.ca www.athleticsmanitoba.com

Indoor Grand Prix # 7
Wednesday, February 24th, 2010
Max Bell Centre, University of Manitoba
6:00 pm
Final Schedule

Track

6:00 pm 60mh – Men (10)
 6:20 pm 60mh – Women (4)

Indoor Hurdles Specs (please enter by specification)				
Distance	#H	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	8.0 metres
60 metres	5	0.762 metres (30")	13 metres	8.5 metres
60 metres	5	0.840 meters (33")	13 metres	8.5 meters
60 metres	5	0.914 meters (36")	13 metres	8.5 metres
60 metres	5	0.914 metres (36")	13.72 metres	9.13 metres
60 metres	5	0.991 metres (39")	13.72 metres	9.13 metres
60 metres	5	1.067 metres (42")	13.72 metres	9.13 metres

6:30 pm 800m – Men (22)
 6:40 pm 800m – Women (12)
 6:50 pm 600m – Men (University / PeeWee Only) (9)
 7:00 pm 600m – Women (University / PeeWee Only) (5)
 7:10 pm 200m – Men Youth and older (26)
 7:30 pm 200m – Women Youth and older (19)
 7:50 pm 150m – Men Midget and under (24)
 8:20 pm 150m – Women Midget and Under (39)
 8:50 pm 3000m – Men (15)
 9:10 pm 3000m – Women (9)
 9:30 pm 4x200m - Men / Women (2)
 9:40 pm 4x 800m – Men / Women (3)

Field

6:00 pm Long Jump – Women Bantam and Under (24) Outside Pit
 6:00 pm Long Jump – Women Midget (12) Inside Pit
 6:00 pm Pole Vault – Men / Women (16)
 6:00 pm Shot Put – Special O (16)
 6:30 pm Shot Put – Men / Women Bantam and Under (21)
 7:00 pm Long Jump – Men Midget and Under (15) Inside Pit
 7:30 pm Shot Put – Women Midget and Up (6)
 8:00 pm Long Jump – Women Youth and Older (12) Inside Pit
 8:30 pm Shot Put – Men Midget and Up (10)
 9:00 pm Long Jump – Men Youth and Older (8) Inside Pit