



TRACK AND FIELD / ROAD RUNNING CROSS COUNTRY
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Indoor Grand Prix # 7
Wednesday, February 24th, 2010

Max Bell Centre, University of Manitoba

6:00 pm

Tentative Schedule

Track

6:00 pm 60mh – Men
 6:15 pm 60mh – Women

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 metres	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

6:30 pm 800m – Men
 6:45 pm 800m – Women
 7:05 pm 600m – Men (University / PeeWee Only)
 7:15 pm 600m – Women (University / PeeWee Only)
 7:25 pm 200m – Men Youth and older
 7:50 pm 200m – Women Youth and older
 8:15 pm 150m – Men Midget and under
 8:45 pm 150m – Women Midget and Under
 9:15 pm 3000m – Men
 9:30 pm 3000m – Women
 9:45 pm 4x200m - Men / Women
 9:55 pm 4x800m – Men / Women

Field

6:00 pm Long Jump – Women Midget and Under
 6:00 pm Pole Vault – Men / Women
 6:30 pm Shot Put – Men
 7:00 pm Long Jump – Men Midget and Under
 7:30 pm Shot Put – Women
 8:00 pm Long Jump – Women Youth and Older
 9:00 pm Long Jump – Men Youth and Older

