



# TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY

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**Indoor Grand Prix #3**  
**Wednesday, January 12th, 2011**  
**6:00 pm**  
**Max Bell Centre, University of Manitoba**

## Tentative Schedule

**\*Track Events will be run from Fastest to Slowest heats\***

### Track

6:00 pm

60m hurdles

Men/Women

### Indoor Hurdles Specs ( please enter by specification )

Distance	#H	H Height	To 1st H	Between H's
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 metres	5	0.840 meters (33")	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

6:40 pm

3000m

Men

6:55 pm

3000m

Women

7:10 pm

600m

Men

7:25 pm

600m

Women

7:40 pm

200m

Men

7:50 pm

200m

Women

8:10 pm

150m

Men

8:30 pm

150m

Women

8:50 pm

800m

Men

9:05 pm

800m

Women

9:20 pm

1000m

Men (University Only)

9:25 pm

1000m

Women (University Only)

9:30 pm

4x800m

Men (Senior/University Only)

9:40 pm

4x800m

Women (Senior/University Only)

### Field

6:00 pm

Long Jump

Men Bantam and Under + Special O

6:00 pm

Pole Vault

Men & Women

6:30 pm

Shot Put

Men

7:30 pm

Long Jump

Women Bantam and Under

8:00 pm

Shot Put

Women

8:15 pm

Long Jump

Midget Women & older

9:00 pm

Long Jump

Midget Men & Older

