



# 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**

## Final Schedule

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

**\*\*TRACK & FIELD EVENTS CAN RUN UP TO 15 MIN AHEAD OF TIME\*\***

### Track

6:00 pm                      60m hurdles      Men/Women(12) (6)

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

6:30 pm	3000m	Men (11)
6:50 pm	3000m	Women (5)
7:10 pm	600m	Men (15)
7:25 pm	600m	Women (10)
7:40 pm	200m	Men (37)
7:55 pm	200m	Women (24)
8:05 pm	150m	Men (18)
8:15 pm	150m	Women (21)
8:25 pm	800m	Men (13)
8:35 pm	800m	Women (6)
8:45 pm	1000m	Women (University Only) (5)
8:55 pm	4x800m	Men (Senior/University Only) (3)
9:05 pm	4x800m	Women (Senior/University Only) (1)
9:15 pm	4x200m	Men (2)
9:20 pm	4x200m	Women (2)

### Field

6:00 pm	Long Jump	Men Bantam and Under & Special O (9) (1)
6:00 pm	Pole Vault	Men & Women (8) (11)
6:30 pm	Shot Put	Men & Special O (12) (10)
7:00 pm	Long Jump	Women Bantam and Under (18)
8:00 pm	Shot Put	Women & Special O (15) (3)
8:00 pm	Long Jump	Midget Women & older (9)
9:00 pm	Long Jump	Midget Men & Older (10)



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