



# TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY

145 Pacific Ave ● Winnipeg, MB R3B 2Z6 ● Tel: 204-925-5745 ● Fax: 204-925-5792 ● [athleticsmb@shaw.ca](mailto:athleticsmb@shaw.ca) ● [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

**Outdoor Grand Prix #1**  
**Wednesday, May 11th, 2011**  
**5:45 pm**  
**Pan Am Stadium, University of Manitoba**

## Final Schedule

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

**\*\*\*Events can run up to 15mins ahead of schedule\*\*\*\***

### Track

5:45 pm	3000m/5000m Open Men (1) / (4)
6:10 pm	200mH Bantam & Midget Men (1)
6:15 pm	300mH Youth Men (1)
6:20 pm	400mH Open Men (1)
6:25 pm	400mH Open Women (1)
6:30 pm	100m Open Men (48)
6:50 pm	100m Open Women (41)
7:10 pm	1200m Midget & Under Men (6)
7:15 pm	1200m Midget & Under Women (3)
7:25 pm	1500m Youth - Open Men (19)
7:40 pm	1500m Youth - Open Women (4)
7:50 pm	300m Midget & Under Men (12)
7:55 pm	300m Midget & Under Women (9)
8:05 pm	400m Youth – Open Men (15)
8:15 pm	400m Youth – Open Women (4)
8:20 pm	4x100m Women's Relay (2)
8:25 pm	4x100m Men's Relay (3)

### Field

5:45 pm	Long Jump Pee Wee & Bantam Men (23)
6:00 pm	Shot Put Open (2) (6) (5)
6:00 pm	Pole Vault Midget & older Women (10)
6:30 pm	Long Jump Pee Wee & Bantam Women (19)
7:00 pm	Shot Put Open Men (3) (1)
7:15 pm	Long Jump Midget – Open Men (7)
7:30 pm	Pole Vault Midget – Open Men (8)
7:30 pm	Hammer Midget – Open Men/ Women (3) (3) / (5)(1) SMART PARK Throwing area
8:15 pm	Long Jump Midget - Open Women (11)

**Fountain Tire**

**Sport**  
**MANITOBA**

**CITY**  
**PARK**  
**Runners**