



TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY

145 Pacific Ave ● Winnipeg, MB R3B 2Z6 ● Tel: 204-925-5745 ● Fax: 204-925-5792 ● athleticsmb@shaw.ca ● www.athleticsmanitoba.com

Indoor Grand Prix #4 Final Schedule

Friday, January 21st, 2011
6:00 pm

Max Bell Centre, University of Manitoba

Track Events will be run from Fastest to Slowest heats

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

Track

6:00 pm	60m	Senior – Pee Wee Men (71)
6:45 pm	60m	Senior – Pee Wee Women (58)
7:30 pm	4x100m	Senior – Pee Wee Men (11)
7:40 pm	4x100m	Senior – Pee Wee Women (7)
7:00 pm	1500m	Senior – Youth Men (13)
7:20 pm	1500m	Senior – Youth Women (7)
7:40 pm	1200m	Midget & Under Men (4)
7:50 pm	1200m	Midget & Under Women (5)
8:00 pm	300m	University & Midget and Under Men (24)
8:20 pm	300m	University & Midget and Under Women (16)
8:40 pm	400m	Senior, Junior & Youth Men (17)
9:00 pm	400m	Senior, Junior & Youth Women (8)

Field

6:00 pm	Standing Long Jump	Pee Wee & Bantam Women/Men (21) (20)
7:00 pm	Triple Jump	Midget & older Women (3)
8:00 pm	Triple Jump	Midget & older Men (6)
6:00 pm	High Jump	Men (12)
6:30 pm	Weight Toss	All Men /Women (6) (5)
7:30 pm	High Jump	Women (3)





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Indoor Grand Prix #5
Saturday, January 22nd, 2011
9:00 am
Max Bell Centre, University of Manitoba

Final Schedule

Track Events will be run from Fastest to Slowest heats

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

Track

9:00 am 60mh – Men (Including Pentathlon) (4) (7)
9:20 am 60mh – Women (Including Pentathlon) (3) (2)

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 meters	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

9:40 am 3000m - Men (7)
 10:05 am 3000m – Women (2)
 10:20 am 600m – Men (University / PeeWee Only) (11)
 10:35 am 600m – Women (University / PeeWee Only) (9)
 10:45 am 200m – Men Midget and older (26)
 11:00 am 200m – Women Midget and older (23)
 11:25 am 150m – Women Bantam and under (23)
 11:45 am 150m – Men Bantam and Under (15)
 12:05 pm 800m – Women (11)
 12:20 pm 800m – Men (22)
 12:40 pm 1000m - Women University (2)
 1:25 pm 800m – Women's Pentathlon (2)
 1:30 pm 1000m – Men's Open/Pentathlon (1) (7)

Field

9:00 am Long Jump - Women Bantam and Under - **Outside Pit** (24)
 9:05 am Shot Put – Men Midget and Under & Special O (10) (1)
 9:30 am Long Jump - Men Youth to Open (including Pentathlon) **Inside Pit** (4) (7)
 9:40 am High Jump – Women's Pentathlon (2)
 10:00 am Long Jump – Men Bantam and Under - **Outside Pit** (17)
 10:30 am Pole Vault – Men (3)
 11:00 am Shot Put - Men/Women Pent (7) (2)
 11:45 am Shot Put – Women (17)
 11:00 am Long Jump – Women Midget and Older (9)
 12:00 pm Shot Put - Men Youth and Up / (7)
 12:00 pm High Jump – Men's Pentathlon (7)
 12:30 pm Long Jump – Men Midget/Women's Pent (2) (2)
 12:45 pm Pole Vault - Women (7)





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