



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 Tentative 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

9:00 am	60m	Senior – Pee Wee Men
9:45 am	60m	Senior – Pee Wee Women
10:30 am	4x100m	Senior – Pee Wee Men
10:45 am	4x100m	Senior – Pee Wee Women
11:00 am	1500m	Senior – Youth Men
11:20 am	1500m	Senior – Youth Women
11:50 am	300m	University & Midget and Under Men
12:10 pm	300m	University & Midget and Under Women
12:30 pm	400m	Senior, Junior & Youth Men
12:40 pm	400m	Senior, Junior & Youth Women
12:55 pm	1200m	Midget & Under Men
1:05 pm	1200m	Midget & Under Women

Field

9:00 am	Triple Jump	Midget & older Women
10:00 am	Triple Jump	Midget & older Men
10:30 am	High Jump	Men
10:30 am	Weight Toss	All Men /Women
11:00 am	Standing Long Jump	Pee Wee & Bantam Women/Men
11:30 am	High Jump	Youth & Older Women
12:30 pm	High Jump	Midget & Younger Women





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

Tentative Schedule

Track Events will be run from Fastest to Slowest heats

Track

9:00 am 60mh – Men (Including Pentathlon)
9:20 am 60mh – Women (Including Pentathlon)

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

Field

9:00 am Long Jump - Women Bantam and Under - Outside Pit
 9:00 am Pole Vault – Men / Women
 9:30 am Shot Put – Men Midget and Under & Special O
 10:00 am High Jump – Women's Pentathlon
 10:00 am Long Jump – Men Bantam and Under - Outside Pit
 - Men Youth and Up (including Pentathlon) Inside Pit
 10:30 am Shot Put – Women
 11:00 am Long Jump – Women Midget and Older
 11:30 am Shot Put - Men Youth and Up / All Pentathlon
 12:30 pm Long Jump – Men Midget (including Special O/Women's Pent)
 12:30 pm High Jump – Men's Pentathlon

