



TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY

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Outdoor Grand Prix #1
Wednesday, May 11th, 2011
6:00 pm
Pan Am Stadium, University of Manitoba

Tentative Schedule

Track Events will be run from Fastest to Slowest heats

Track

5:45 pm	5000m	Junior- Open Men & Women – **Possibility of combining 5k and 3k depending on entries**
6:00 pm	3000m	Youth - Open Men & Women
6:15 pm	2000m	Midget & Under Men
6:25 pm	2000m	Midget & Under Women
6:35 pm	200mH	Bantam & Midget Men-Women
6:45 pm	300mH	Youth Men- Women
7:00 pm	400mH	Open Men
7:10 pm	400mH	Open Women
7:15 pm	100m	Open Men
7:35 pm	100m	Open Women
8:00 pm	1200m	Midget & Under Men
8:10 pm	1200m	Midget & Under Women
8:20 pm	1500m	Youth - Open Men
8:35 pm	1500m	Youth - Open Women
8:50 pm	300m	Midget & Under Men
8:55 pm	300m	Midget & Under Women
9:00 pm	400m	Youth – Open Men
9:10 pm	400m	Youth – Open Women
9:15 pm	4x100m	Women's Relay
9:20 pm	4x100m	Men's Relay

Field

6:00 pm	Shot Put	Open Women
6:00 pm	Pole Vault	Midget & older Women
6:00 pm	Long Jump	Pee Wee & Bantam Men/Women
7:00 pm	Shot Put	Open Men
7:00 pm	Long Jump	Midget – Open Men
7:30 pm	Pole Vault	Midget – Open Men
8:00 pm	Hammer	Midget – Open Men/ Women
8:00 pm	Long Jump	Midget - Open Women

