



# TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY

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**Indoor Grand Prix #1**  
**Wednesday January 9th, 2013**  
**6:00 pm**  
**Max Bell Fieldhouse, University of Manitoba**

## Tentative Schedule

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

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

### Track

6:00 pm	60m	Open Men
6:20 pm	60m	Open Women
6:40 pm	1000m	Open Men
6:50 pm	1000m	Open Women
7:00 pm	300m	Open Men
7:25 pm	300m	Open Women
7:50 pm	2000m	Midget Men
7:55 pm	2000m	Midget Women
8:00 pm	3000m	Open Men
8:15 pm	3000m	Open Women
8:40 pm	600m	University Men
8:45 pm	600m	University Women
8:40 pm	4x200m	Open Men
8:45 pm	4X200m	Open Women

### Field

6:00 pm	Pole Vault	Open Women
6:00 pm	Standing Long Jump	Pee Wee/Bantam Men & Women
7:00 pm	Triple Jump	Open Men
7:00 pm	Weight Throw	Open Men
7:15 pm	Pole Vault	Open Men
8:00 pm	Triple Jump	Open Women
8:00 pm	Weight Throw	Open Women

**Fountain Tire**

**Sport**  
**MANITOBA**