



TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY

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Indoor Last Chance Meet

Friday, November 29th, 2013

6:00 pm

Max Bell Fieldhouse, 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

6:00 pm	60m	Open Men (48)
6:45 pm	60m	Open Women (43)
7:30 pm	1200m	Bantam & Midget Men (5)
7:35 pm	1200m	Bantam & Midget Women (3)
7:45 pm	400m	Youth & up Men (13)
8:05 pm	400m	Youth & up Women (14)
8:25 pm	300m	Bantam & Midget Men (14)
8:35 pm	300m	Bantam & Midget Women (13)
8:45 pm	1500m	Youth & up Men (13)
9:00 pm	1500m	Youth & up Women (7)
9:15 pm	4x400m	Youth & up Men & Women (2)

Field

6:00 pm	Pole Vault	Midget & up Women (5)
6:00 pm	Long Jump	Pee Wee/Bantam Men (outside pit) (12)
6:00 pm	Triple Jump	Midget & up Men (inside pit) (4)
6:45 pm	Weight Throw	Youth & up Men (7)
7:00 pm	Long Jump	Pee Wee/Bantam Women (outside pit) (16)
7:15 pm	Weight Throw	Youth & up Women (4)
7:15 pm	Pole Vault	Midget & up Men (4)
7:15 pm	Triple Jump	Midget & up Women (inside pit)(6)





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Indoor Last Chance Meet

Saturday, November 30th, 2013

9:00 am

Max Bell Fieldhouse, 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

9:00 am	60mh	Bantam & up Men (includes Pentathlon)(7)(7)
9:15 am	60mh	Bantam & up Women (includes Pentathlon)(5) (1)
9:35 am	3000m	Youth & up Men (3)
9:50 am	3000m	Youth & up Women (2)
10:05 am	200m	Midget & up Men (30)
10:40 am	200m	Midget & up Women (24)
11:00 am	150m	Pee Wee & Bantam Men (11)
11:15 am	150m	Pee Wee & Bantam Women (25)
11:40 am	600m	Open Men (30)
12:20 pm	600m	Open Women (22)
12:50 pm	4x200m	Midget & up Men & Women (2)
1:30 pm/TBA**	800m/1000m	Pentathlon Men & Women (7)(1)

30mins after completion of previous event

Field

9:00 am	Standing Long Jump	Pee Wee/Bantam Men (outside pit)(7)
9:20 am	High Jump	Bantam & up Women (includes Pentathlon) (4)(1)
9:30 am	Long Jump	Midget & up Men (includes Pentathlon) (12) (7)
10:00 am	Standing Long Jump	Pee Wee/Bantam Women (outside pit) (12)
10:35 am	Shot Put	Pee Wee & up Men (includes Pentathlon)(9) (7)
11:40 am	Shot Put	Pee Wee & up Women (10) (includes Pentathlon)(1)
11:35 am	High Jump	Bantam & up Men (include Pentathlon) (9) (7)
12:40 pm	Long Jump	Midget & up Women (10) (includes Pentathlon)(1)

