



# **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**

## **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
6:25 pm	60m	Open Women
6:40 pm	1200m	Midget & Under Men
6:45 pm	1200m	Midget & Under Women
6:50 pm	400m	Youth & up Men
7:05 pm	400m	Youth & up Women
7:15 pm	300m	Midget & Under Men
7:30 pm	300m	Midget & Under Women
7:45 pm	1500m	Youth & up Men
7:55 pm	1500m	Youth & up Women
8:05 pm	4x400m	Youth & up Men & Women

### **Field**

6:00 pm	Pole Vault	Midget & up Women
6:00 pm	Long Jump	Pee Wee/Bantam Men & Women
6:35 pm	Triple Jump	Midget & up Men
6:45 pm	Weight Throw	Youth & up Men
7:15 pm	Weight Throw	Youth & up Women
7:15 pm	Pole Vault	Midget & up Men
7:15 pm	Triple Jump	Midget & up Women





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## **Indoor Last Chance Meet**

**Saturday, November 30th, 2013**

**9:00 am**

**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**

9:00 am	60mh	Open Men (Including Pentathlon)
9:05 am	60mh	Open Women (Including Pentathlon)
9:15 am	2000m	Midget & Under Women
9:25 am	3000m	Open Men
9:40 am	3000m	Open Women
9:55 am	200m	Open Men
10:20 am	200m	Open Women
10:50 am	150m	Open Men Midget and older
11:00 am	150m	Open Women Midget and older
11:15 am	600m	Open Men
11:35 am	600m	Open Women
1:00 pm/TBA**	800m/1000m	Pentathlon Men & Women

**\*\*30mins after completion of previous event\*\***

### **Field**

9:00 am	Standing Long Jump	Pee Wee/Bantam Men (outside pit)
9:35 am	Standing Long Jump	Pee Wee/Bantam Women (outside pit)
9:20 am	High Jump	Midget & up Women ( <b>includes Pentathlon</b> )
9:35 am	Long Jump	Midget & up Men ( <b>includes Pentathlon</b> )
10:35 am	Shot Put	Midget & up Men ( <b>includes Pentathlon</b> )
11:00 am	Shot Put	Midget & up Women ( <b>includes Pentathlon</b> )
11:35 am	High Jump	Midget & up Men ( <b>includes Pentathlon</b> )
11:50 am	Long Jump	Midget & up Women ( <b>includes Pentathlon</b> )

