

FLYING 'M' FALL FROLIC

Max Bell Centre - University of Manitoba

December 7, 2013

FINAL SCHEDULE

TIME	TRACK	TIME	FIELD
9:00	60m Hurdles (4 heats) 1000m (6 heats)	9:00	Long Jump (2 pits) Pee Wee Women (outside pit) (8) Bantam Women (inside pit) (7)
9:30	60m (20 heats) Senior women 1 heat (5) / Senior men 2 heats (15) PeeWee women 2 heats (12) / PeeWee men 3 heats (19) Bantam women 3 heats (17) / Bantam men 2 heats (9) Midget women 1 heat (7) / Midget men 1 heat (7) Youth women 1 heat (7) / Youth men 1 heat (6) Special O women 1 heat (6) / Special O men 2 heats (11)	10:00	Long Jump (2 pits) Pee Wee Men (outside pit) (12) Bantam Men (inside pit) (7)
		10:30	Shot Put (2 circles) Pee Wee/Bantam Women (Circle 1) (5+4) Special O Men (Circle 2) (11)
		11:00	Long Jump Midget Women/Special O Women (6+3)
10:45	600m (11 heats) Senior women 2 heat (9) / Youth/Senior men 2 heats (2+8) PeeWee women 1 heats (5) / PeeWee men 2 heats (9) Bantam & Midget women 1 heats (6) / Bantam men 1 heats (6) Midget men 1 heat (6) Youth women 1 heat (3) Special O women/men 1 heat (2+3)	11:15	Shot Put (2 circles) Pee Wee/Bantam Men (Circle 1) (4+5) Special O women (Circle 2) (7)
		11:30	High Jump All women (6)
12:00	4X100 Relay (2 heats)	12:30	Weight Toss Women & Men (6+4) Long Jump Midget/Youth/Special O Men (4+3+7)
12:15-1:15	Break on Track	1:30	High Jump Midget/Youth Men (1+2)
1:15	300m (14 heats) Senior women 2 heat (11) / Senior men 2 heats (7) Bantam women 2heats (8) / Bantam men 1 heats (4) Midget women 2 heat (8) / Midget men 1 heat (6) Youth women 1 heat (6) / Youth men 1 heat (5) Special O women 1 heat (5) / Special O men 1 heats (6)	1:45	Shot Put Midget/Youth/Junior/Senior Women (2+2+4+3)
		2:00	Long Jump Youth/Junior Women (3+3)
		3:00	Shot Put Midget/Youth/Junior/Senior Men (1+1+1+7)
		3:00	High Jump Junior/Senior Men (2+4)
2:30	2000m 1 heat 3000m 2 heats women and special o (2+4) / men (5)	3:30	Long Jump Junior/Senior Men (4+6)

**Please note that in the 60m, 300m, 600m, 1000m and 3000m the Junior/Senior age categories will be run first, with men following the women. After that it will be Pee Wee through to Masters women and then men.

**The 1000m and possibly the 600m will be hand timed. All other races will be electronically timed.