

FLYING 'M' FALL FROLIC
 Max Bell Centre - University of Manitoba
 December 6, 2014
FINAL SCHEDULE

TIME	TRACK	TIME	FIELD
9:00	1000m (4 heats)	9:00	Long Jump (2 pits) Pee Wee Women (outside pit) (8) Bantam Women (inside pit) (8)
9:15	60m Hurdles (2 heats)		
9:30	60m (18 heats) Senior & Youth women 2 heat s(7+3) Senior & Youth men 2 heats (12 +1) Pee Wee women 2 heats (12) / Pee Wee men 2 heats (14) Bantam women 2 heats (15) / Bantam men 2 heats (10) Midget women 2 heats (15) / Midget men 1 heat (5) Special O women 1 heat (4) / Special O men 2 heats (13)		
		10:30	Shot Put (2 circles) Pee Wee/Bantam Women (Circle 1) (6+2) Special O Men (Circle 2) (16)
		11:00	Long Jump Midget Women/Special O Women (8+2)
10:45	600m (7 heats) Senior & Youth women 1 heat (3+4) Senior & Youth men 1 heat (7+2) PeeWee & Bantam women 1 heat (2+2) PeeWee men 1 heat (7) Bantam & Midget men 1 heat (2+2) Midget women 1 heat (4) Special O men 1 heat (7)	11:15	Shot Put (2 circles) Pee Wee/Bantam Men (Circle 1) (7+3) Special O women (Circle 2) (3)
		11:30	High Jump All women (6)
		12:15	Weight Toss Women & Men (7+9) Long Jump Midget/Youth/Special O Men (5+1+4)
11:45	4X100 Relay (2 heats)		
12:15-1:15	Break on Track		
1:15	300m (14 heats) Senior women 2 heat (11) / Senior men 2 heats (7) Bantam women 2 heats (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)	1:30	High Jump Bantam/Midget Men (2+2)
		1:30	Shot Put Midget/Youth Men (3+3)
		2:00	Long Jump Youth/Senior Women (2+6)
		2:30	High Jump Youth/Junior/Senior Men (3+1+5)
2:30	3000m 2 heats All women (1+2) All men(1+4)	2:45	Shot Put Midget/Senior Women (4+6)
		3:30	Shot Put Junior/Senior/Masters Men (1+8+1)
		3:30	Long Jump Junior/Senior Men (1+7)

**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.