



## TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 Pacific Ave, Winnipeg, MB R3B 2Z6 - 204-925-5744 - Fax 204-925-5792

### Athletics Manitoba Indoor Last Chance Meet

December 10th and 11th, 2015

James Daly Fieldhouse, Max Bell Centre, U of Manitoba

#### Tentative Schedule

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

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

#### Thursday Dec 10th - TRACK

6:00 PM	60m	Pee Wee & up Men
6:30 PM	60m	Pee Wee & up Women
7:00 PM	1200m	Midget & Under Men
7:05 PM	1200m	Midget & Under Women
7:15 PM	400m	Youth & up Men
7:30 PM	400m	Youth & up Women
7:50 PM	300m	Bantam & Midget Men
8:00 PM	300m	Bantam & Midget Women
8:15 PM	1500m	Youth & up Men
8:30 PM	1500m	Youth & up Women

#### Thursday Dec 10th - FIELD

6:00 PM	Pole Vault	Midget & up Women
6:00 PM	Long Jump	Pee Wee/Bantam Women (outside pit)
6:00 PM	Triple Jump	Midget & up Men (inside pit)
6:30 PM	Shot Put	Pee Wee & Bantam Men & Women
7:00 PM	Long Jump	Pee Wee/Bantam Men (outside pit)
7:00 PM	Shot Put	Youth & up Men
7:30 PM	Triple Jump	Midget & up Women (inside pit)
7:30 PM	Pole Vault	Midget & up Men
8:15 PM	Shot Put	Youth & up Women



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#### **Friday Dec 11th - TRACK**

6:00 PM	60m Hurdles	Men (Including Pentathlon)
6:15 PM	60m Hurdles	Women (Including Pentathlon)
6:30 PM	2000m	Midget Men & Women
6:40 PM	3000m	Youth & Up Men
6:50 PM	3000m	Youth & Up Women
7:05 PM	150m	Pee Wee/Bantam Men
7:35 PM	150m	Pee Wee/Bantam Women
8:00 PM	200m	Midget & up Men
8:20 PM	200m	Midget & up Women
8:40 PM	600m	Pee Wee & up Men
9:00 PM	600m	Pee Wee & up Women
9:20 PM	800m/1000m	Pentathlon Men & Women

#### **Friday Dec 11th - FIELD**

6:00 PM	Standing Long Jump	Pee Wee/Bantam Men (outside pit)
6:00 PM	Long Jump	Midget & up Men (inside pit)
6:30 PM	High Jump	Bantam & up Women (includes Pentathlon)
6:45 PM	Weight Throw	Youth & up Men
7:00 PM	Standing Long Jump	Pee Wee/Bantam Women (outside pit)
7:30 PM	Long Jump	Midget & up Women (includes Pentathlon)
8:00 PM	Weight Throw	Youth & up Women
8:00 PM	High Jump	Bantam & up Men (includes Pentathlon)