

FLYING 'M' FALL FROLIC

Max Bell Centre - University of Manitoba

December 5, 2015

FINAL SCHEDULE

TIME	TRACK	TIME	FIELD
9:00	1000m (5 heats) Youth and Open Women (1+13) Youth, Open & Masters Men (3+7+2) Bantam and Midget Women (3+1) Bantam and Midget Men (4+4) Special O men and women (2+4)	9:00	Long Jump Pee Wee & Bantam Women (inside pit) (4+4) Special O Men and Women (outside pit) (1+6)
9:15	60m Hurdles (3 heats)		
9:30	60m (21 heats) Senior & Youth women 3 heats (10+6) Senior & Youth men 3 heats (9 +11) Pee Wee women 2 heats (12) / Pee Wee men 2 heats (16) Bantam women 2 heats (14) / Bantam men 2 heats (14) Midget women 2 heats (13) / Midget men 2 heats (14) Special O women 1 heat (3) / Special O men 2 heats (10)	10:00	Long Jump (2 pits) Pee Wee Men (outside pit) (9) Bantam Men (inside pit) (5)
		10:30	Shot Put (2 circles) Pee Wee/Bantam Women (Circle 1) (2+3) Special O Men (Circle 2) (12)
		11:00	Long Jump Midget Women (inside pit) (8)
11:00	600m (10 heats) Senior women 1 heat (3) / Senior men 1 heat (10) Pee Wee women 1 heat (7) / Pee Wee men 1 heat (8) Bantam women 1 heat (6) / Bantam men 1 heat (5) Midget & Youth women 1 heat (2+3) Midget men 1 heat (5) Youth & Masters men 1 heats (4+1) Special O women & men 1 heat (1+2)	11:15	Shot Put (2 circles) Pee Wee/Bantam Men (Circle 1) (6+3) Special O women (Circle 2) (3) High Jump All Women (5+1+2)
12:00	4X100 Relay (4 heats)		
12:30-1:15	Break on Track	12:30	Weight Toss Women & Men (6+3) High Jump Bantam/Midget Men (4+2)
1:15	300m (18 heats) Senior women 2 heats (12) / Senior men 2 heats (9) Bantam women 3 heats (13) / Bantam men 1 heats (4) Midget women 2 heat (9) / Midget men 2 heat (9) Youth women 2 heat (8) / Youth men 2 heats (12) Special O women 1 heat (3) / Special O men 1 heat (6)	1:00	Long Jump Midget/Youth/ Senior Men (5+3+4)
2:30	2000m 1 heat	1:30	Shot Put Midget/Youth Men (1+3) High Jump Youth/Senior Men (3+5)
2:45	3000m 2 heats All women (1+1) All men(3+1+2)	2:30	Long Jump Youth/Senior Women (2+6) Shot Put Youth/Senior Women (1+5)
		3:30	Shot Put Junior/Senior/Masters Men (1+3+1)

**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.

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