



# **TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY**

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## **Indoor Grand Prix #1 (Last Chance Meet) Friday, December 7, 2007 Max Bell Centre, University of Manitoba**

### **Schedule**

#### **Track**

6:00 pm	60m – Women [73]
6:30 pm	60m – Men [66]
7:10 pm	4x200m – Women [11]
7:20 pm	4x200m – Men [12]
7:35 pm	1500m – Women [18]
7:55 pm	1500m – Men [54]
8:25 pm	400m – Women [36]
8:55 pm	400m – Men [47]

#### **Field**

6:00 pm	Standing Long Jump–Pee Wee/Bantam Men & Women [19] [18]
6:00 pm	Shot Put – Special O Athletes [1]
6:45 pm	Triple Jump – All Women [12]
7:45 pm	Triple Jump – All Men [15]
7:15 pm	High Jump – All Women [10]
7:15 pm	Weight Toss – All Men [8]
	Weight Toss – All Women [3]
8:15 pm	High Jump – All Men [17]



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## Indoor Grand Prix #2 (Last Chance Meet) Saturday, December 8, 2007 Max Bell Centre, University of Manitoba

### Schedule

#### Track

9:00 am 60mh – Women [9]  
9:15 am 60mh – Men [5]

<b>Women's Indoor Hurdles</b>					
Age	Distance	#H	H Height	To 1st H	Between H's
Bantam	60 metres	5	0.762 metres (30")	12 metres	7.0 metres
Midget	60 metres	5	0.762 metres (30")	12 metres	8.0 metres
Juvenile	60 metres	5	0.762 metres (30")	13 metres	8.5 metres
Junior	60 metres	5	0.840 metres (33")	13 metres	8.5 metres
Senior	60 metres	5	0.840 metres (33")	13 metres	8.5 metres

  

<b>Men's Indoor Hurdles</b>					
Age	Distance	#H	H Height	To 1st H	Between H's
Bantam	60 metres	5	0.762 metres (30")	12 metres	7.5 metres
Midget	60 metres	5	0.840 metres (33")	13 metres	8.5 metres
Juvenile	60 metres	5	0.914 metres (36")	13.72 metres	9.13 metres
Junior *	60 metres	5	*0.991 metres (39")	13.72 metres	9.13 metres
Senior	60 metres	5	1.067 metres (42")	13.72 metres	9.13 metres

9:40 am 300m – Women\* [2]  
9:45 am 300m – Men\* [15]  
10:00 am 3000m – Women [15]  
10:30 am 3000m – Men [30]  
11:00 am 200m – Women [49]  
11:40 am 200m – Men [41]  
12:10 pm 800m – Women [32]  
12:30 pm 800m – Men [36]

\* University athletes only

#### Field

9:00 am Long Jump – Pee Wee/Bantam/Midget Women  
9:00 am Pole Vault – Men [7]  
9:30 am Shot Put – Pee Wee Men/ Pee Wee Women [3] [5]  
9:45 am Pole Vault – Women [6]  
9:45 am Long Jump – Juvenile/Junior/Senior Women  
10:15 am Shot Put –Midget/ Senior Women [1] [8]  
11:00 am Shot Put – Midget/ Junior/Senior Men [1] [1] [2]  
11:00 am Long Jump – Pee Wee/Bantam/Midget/Masters Men  
12:00 pm Long Jump – Juvenile/Junior/ Senior Men