TRACK AND FIELD / ROAD RUNNING CROSS COUNTRY
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Indoor Grand Prix \#1<br>(Last Chance Meet)<br>Friday, December 11th, 2009<br>6:00 pm<br>Max Bell Centre, University of Manitoba

Tentative Schedule

## Track

6:00 pm
60 m hurdles
42" Men
39 " Men
36 " Men
33 " Men
33 " Women
30" Men
30 " Women

| Indoor Hurdles Specs ( please enter by specification) |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| Distance | \#H | H Height | To 1st H | Between H's |
| 60 metres | 5 | 0.762 metres (30") | 12 metres | 7.0 metres |
| 60 metres | 5 | 0.762 metres (30") | 12 metres | 7.5 metres |
| 60 metres | 5 | 0.762 metres (30") | 12 metres | 8.0 metres |
| 60 metres | 5 | 0.762 metres (30") | 13 metres | 8.5 metres |
| 60 metres | 5 | 0.840 meters (33") | 13 metres | 8.5 metres |
| 60 metres | 5 | 0.914 metres (36") | 13.72 metres | 9.14 metres |
| 60 metres | 5 | 0.991 metres (39") | 13.72 metres | 9.14 metres |
| 60 metres | 5 | 1.067 metres (42") | 13.72 metres | 9.14 metres |


| $6: 45 \mathrm{pm}$ | 150 m | Midget Women \& younger (heats combined, fastest to slowest) |
| :--- | :--- | :--- |
| $7: 00 \mathrm{pm}$ | 150 m | Midget Men \& younger (heats combined, fastest to slowest) |
| $7: 15 \mathrm{pm}$ | 800 m | Senior \& Younger Women (heats combined, fastest to slowest) |
| $7: 30 \mathrm{pm}$ | 800 m | Senior \& Younger Men (heats combined, fastest to slowest) |
| $7: 45 \mathrm{pm}$ | 200 m | Sr., Jr., Youth Women (heats combined, fastest to slowest) |
| $8: 00 \mathrm{pm}$ | 200 m | Sr., Jr., Youth Men (heats combined, fastest to slowest) |
| $8: 15 \mathrm{pm}$ | 600 m | University Women, Pee Wee Women |
| $8: 30 \mathrm{pm}$ | 600 m | University Men, Pee Wee Men |
| $8: 45 \mathrm{pm}$ | 3000 m | Women (heats combined, fastest to slowest) |
| $9: 00 \mathrm{pm}$ | 3000 m | Men (heats combined, fastest to slowest) |

## Field

| 6:00 pm | Long Jump | Women Midget and Under |
| :--- | :--- | :--- |
| 6:30 pm | Shot Put | Men |
| $7: 00 \mathrm{pm}$ | Pole Vault | Men / Women |
| $7: 30 \mathrm{pm}$ | Long Jump | Men Midget and Under |
| 8:00 pm | Shot Put | Women |
| 8:15 pm | Long Jump | Women Youth and Older |
| $9: 00 \mathrm{pm}$ | Long Jump | Men Youth and Older |



