

TRACK AND FIELD / ROAD RUNNING CROSS COUNTRY

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Indoor Grand Prix #1 (Last Chance Meet) Friday, December 11th, 2009 6:00 pm Max Bell Centre, University of Manitoba

Tentative Schedule

Track 6:00 pm

60m 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 pm | 150m | Midget Women & younger (heats combined, fastest to slowest) |
|---------|-------|---|
| 7:00 pm | 150m | Midget Men & younger (heats combined, fastest to slowest) |
| 7:15 pm | 800m | Senior & Younger Women (heats combined, fastest to slowest) |
| 7:30 pm | 800m | Senior & Younger Men (heats combined, fastest to slowest) |
| 7:45 pm | 200m | Sr., Jr., Youth Women (heats combined, fastest to slowest) |
| 8:00 pm | 200m | Sr., Jr., Youth Men (heats combined, fastest to slowest) |
| 8:15 pm | 600m | University Women, Pee Wee Women |
| 8:30 pm | 600m | University Men, Pee Wee Men |
| 8:45 pm | 3000m | Women (heats combined, fastest to slowest) |
| 9:00 pm | 3000m | Men (heats combined, fastest to slowest) |

Field 6:00 pm 6:30 pm 7:00 pm 7:30 pm 8:00 pm

8:15 pm

9:00 pm

Long Jump Women Midget and Under Men Pole Vault Men / Women Long Jump Men Midget and Under Women Long Jump Women Youth and Older Long Jump Men Youth and Older

Shot Put

Shot Put





