



TRACK AND FIELD / ROAD RUNNING CROSS COUNTRY
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**Indoor Grand Prix #2
 (Last Chance Meet)
 Saturday, December 12th, 2009
 9:00 am
 Max Bell Centre, University of Manitoba**

Tentative Schedule

All events are seeded and will be run fastest to slowest. Late entries will be added to available heats.

Track

9:00 am	60m	Senior – Pee Wee Women
9:30 am	60m	Senior – Pee Wee Men
10:00 am	4x200m	Senior – Pee Wee Women
10:15 am	4x200m	Senior – Pee Wee Men
10:30 am	1500m	Senior – Youth Women
10:50 am	1500m	Senior – Youth Men
10:20 am	300m	University & Midget and Under Women
10:50 am	300m	University & Midget and Under Men
11:05 am	400m	Senior, Junior & Youth Women
11:10 am	400m	Senior, Junior & Youth Men
11:30 am	1200m	Midget & Under Women
11:45 am	1200m	Midget & Under Men

Field

9:00 am	Triple Jump	Midget & older Women
10:00 am	Triple Jump	Midget & older Men
10:00 am	High Jump	Men
10:15 am	Weight Toss	All Men /Women
11:15 am	High Jump	Women
11:30 am	Standing Long Jump	Pee Wee & Bantam Women & Men

