

**FLYING 'M' FALL FROLIC**  
 Max Bell Centre - University of Manitoba  
 December 1, 2007

**FINAL SCHEDULE**

TIME	TRACK	TIME	FIELD
9:00	60m Hurdles (6 heats) 1000m (7 heats)	9:00	Long Jump Pee Wee & Bantam Girls (15 + 8)
9:45	60m (30 heats)	10:00	Long Jump Midget Girls and Special O Girls (13 + 1)
10:30	600m (15 heats)	10:30	Long Jump Midget and Special O Boys(10 + 2) Shot Put Pee Wee & Bantam Girls (5 + 4)
		11:00	Shot Put Pee Wee/Bantam Boys (5+1) High Jump ALL Women (10)
11:45	4X100 Relay (10 heats)	11:30	Long Jump Pee Wee & Bantam Boys (16 + 8) Shot Put Midget & Special O Girls (6 + 7)
12:15-1:30	Break on Track		
		12:30	Weight Toss (5 + 8) Long Jump Juv/Jr/Sr Women (5 +1+5)
1:30	300m (30 heats)	1:00	High Jump Juv/Jr/Sr Men (5+2+2)
		1:30	Shot Put Juv/Jr/Sr Women (2+1+5)
		2:00	Long Jump Juv/Jr/Sr Men (9+1+5)
		2:30	Shot Put Juvenile & Special O Boys (2 +9) High Jump Bantam/Midget Boys (7+3)
3:30	3000m (5 heats)	3:30	Shot Put Junior/Senior Men ( 3+4)

\*\*Please note that in the 60m, 300m, 1000m and 3000m the 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.