

Indoor Grand Prix #4
Friday, January 23, 2009
Max Bell Centre, University of Manitoba
6:00 pm

Final Schedule

Track

6:15 pm 60mH – Women (8)
6:30 pm 60mH – Men (8)

Hurdles Specifications Options					
	Distance	#H	H Height	To 1st H	Between H's
White	60 metres	5	0.762 metres (30")	12 metres	7.5 metres
Grey	60 metres	5	0.762 metres (30")	12 metres	8.0 metres
Yellow1	60 metres	5	0.762 metres (30")	13 metres	8.5 metres
Yellow2	60 metres	5	0.840 metres (33")	13 metres	8.5 metres
Red	60 metres	5	0.840 metres (33")	13 metres	8.0 metres
Blue1	60 metres	5	0.914 metres (36")	13.72 metres	9.14 metres
Blue2	60 metres	5	0.991 metres (39")	13.72 metres	9.14 metres
Blue3	60 metres	5	1.067 metres (42")	13.72 metres	9.14 metres

6:50 pm 150m - Women (30)
7:25 pm 150m - Men (15)
7:45 pm 200m - Women (18)
8:05 pm 200m – Men (30)
8:30 pm 800m – Women (15)
8:40 pm 800m – Men (38)
9:00 pm 3000m – Women (6)
9:15 pm 3000m – Men (18)
9:35 pm 600m – Women University Only (1)
9:45 pm 600m – Men University Only (5)

Field

6:00 pm Long Jump – Pee Wee/Bantam Men – **outside pit (12)**
6:00 pm Long Jump – Midget/Juvenile/Junior/Senior Men (inside pit) (12)
7:15 pm Shot Put – Pee Wee/Bantam Women
7:45 pm Shot Put – Pee Wee/Bantam Men
7:15 pm Long Jump – Midget/Juvenile/Junior Sr.Women (inside pit) (16)
7:15 pm High Jump – Men (6)
7:15 pm Long Jump – PeeWee /Bantam Women – outside pit (24)
8:15 pm Shot Put – Women (13)
8:30 pm High Jump – Women (12)
8:45 pm Shot Put – Men (13)

Indoor Grand Prix #5
Saturday, January 24, 2009
2009 Indoor Multiple Events Championship
Max Bell Centre, University of Manitoba
9:00 am

Final Schedule

Track

9:15 am	60mh - Pentathlon Women #1 (4)
9:30 am	60mh - Pentathlon Men #1 (10)
9:50 am	60m - Women (47)
10:30 am	60m - Men (26)
11:00 am	150m - Men / Women Triathlon # 3
11:10 am	1500m - Women (11)
11:25 am	1500m - Men (37)
12:00 pm	300m - Women (30)
12:30 pm	300m - Men (16)
12:50 pm	400m - Women (6)
1:00 pm	400m - Men (18)
1:15 pm	800m - Pentathlon Women #5
1:25 pm	1000m - Pentathlon Men #5
1:35 pm	1000m - University Men (3)

Field

9:00 am	Pole Vault - Women / Men (6 + 2)
9:00 am	Long Jump - Men / Women Triathlon #1 (5 + 2)
9:45 am	High Jump - Pentathlon Women #2
10:00 am	Standing Long Jump - Pee Wee/Bantam Men (outside pit) (2)
10:00 am	Long Jump - Pentathlon Men #2
10:00 am	Shot Put - Men / Women Triathlon #2
10:45 am	Shot Put - Pentathlon Women #3
11:00 am	Standing Long Jump - Pee Wee/Bantam Women (outside) (3)
11:00 am	Triple Jump - Women (8)
11:15 am	Shot Put - Pentathlon Men #3
12:00 am	Long Jump - Pentathlon Women #4
12:15 pm	High Jump - Pentathlon Men #4
12:15 pm	Weight Toss - Women / Men (2)
12:45 pm	Triple Jump - Men (7)