



TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY

214-200 Main St. ● Winnipeg, MB R3C 4M2 ● Tel: 204-925-5743 ● Fax: 204-925-5792 ● athleticsmb@shaw.ca ● www.athleticsmanitoba.com

**Indoor Grand Prix #1
(Last Chance Meet)
Friday, December 7, 2007
Max Bell Centre, University of Manitoba
6:00 pm**

Tentative Schedule

Track

6:00 pm	60m – Women
6:30 pm	60m – Men
7:00 pm	4x200m – Women
7:15 pm	4x200m - Men
7:30 pm	1500m – Women
7:40pm	1500m – Men
7:50 pm	400m – Women
8:00 pm	400m – Men

Field

6:00 pm	Standing Long Jump – Pee Wee/Bantam Men & Women
6:00 pm	Shot Put – Special O Athletes
6:45 pm	Triple Jump – All Women
7:45 pm	Triple Jump – All Men
7:00 pm	High Jump – All Women
7:00 pm	Weight Toss – All Men
	Weight Toss – All Women
8:00 pm	High Jump – All Men
8:30 pm	Long Jump – Special O



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**Indoor Grand Prix #2
(Last Chance Meet)
Saturday, December 8, 2007
Max Bell Centre, University of Manitoba
9:00 am**

Tentative Schedule

Track

9:00 am 60mh – Women
9:15 am 60mh – Men

Women's Indoor Hurdles						
Age	Distance	#H	H Height	To 1st H	Between H's	
Bantam	60 metres	5	0.762 metres (30")	12 metres	7.0 metres	
Midget	60 metres	5	0.762 metres (30")	12 metres	8.0 metres	
Juvenile	60 metres	5	0.762 metres (30")	13 metres	8.5 metres	
Junior	60 metres	5	0.840 metres (33")	13 metres	8.5 metres	
Senior	60 metres	5	0.840 metres (33")	13 metres	8.5 metres	

Men's Indoor Hurdles						
Age	Distance	#H	H Height	To 1st H	Between H's	
Bantam	60 metres	5	0.762 metres (30")	12 metres	7.5 metres	
Midget	60 metres	5	0.840 metres (33")	13 metres	8.0 metres	
Juvenile	60 metres	5	0.914 metres (36")	13.72 metres	9.13 metres	
Junior *	60 metres	5	*0.991 metres (39")	13.72 metres	9.13 metres	
Senior	60 metres	5	1.067 metres (42")	13.72 metres	9.13 metres	

9:40 am 300m – Women*
9:50 am 300m – Men*
10:00 am 3000m – Women
10:15 am 3000m – Men
10:30 am 200m – Women
10:45am 200m – Men
11:00 am 800m – Women
11:15 am 800m - Men

* **University athletes only**

Field

9:00 am Long Jump – Pee Wee/Bantam/Midget Women
9:30 am Shot Put – Pee Wee/Bantam Men & Pee Wee/Bantam Women
9:00 am Pole Vault – Men
10:00 am Pole Vault - Women
10:00 am Long Jump – Juvenile/Junior/Senior Women
10:15 am Shot Put –Midget/Juvenile/Junior/Senior Women
11:00 am Shot Put – Midget/Juvenile/Junior/Senior Men
11:00 am Long Jump –Juvenile/Junior/ Senior Men
12:00 pm Long Jump – Pee Wee/Bantam/Midget/Masters Men