

FLYING 'M' FALL FROLIC
 James Daly Fieldhouse / Max Bell Centre - University of Manitoba
 December 3, 2016
 FINAL SCHEDULE

| TIME | TRACK | TIME | FIELD |
|------------|------------------------------|-------|--|
| 9:00 | 1000m (4 heats) | 9:00 | Long Jump Pee Wee & Bantam Women (inside pit) (4+7) Special O Men and Women (outside pit) (5+1) |
| 9:15 | 60m Hurdles (3 heats) | | |
| 9:30 | 60m (19 heats) | | |
| | | 10:00 | Long Jump (2 pits) Pee Wee Men (outside pit) (8) Bantam Men (inside pit) (8) |
| | | 10:30 | Shot Put (2 circles) Pee Wee/Bantam Women (Circle 1) (3+2) Special O Men & Women (Circle 2) (9+3) |
| 11:00 | 600m (13 heats) | 11:00 | Long Jump Midget Women (inside pit) (8) |
| | | 11:15 | Shot Put (2 circles) Pee Wee/Bantam Men (Circle 1) (3+3) High Jump All Women (2+2) |
| 12:00 | 4X100 Relay (4 heats) | 12:15 | Weight Toss Women & Men (3+2) |
| 12:30-1:15 | Break on Track | 12:30 | High Jump Bantam/Midget/Masters Men (4+1+1) |
| 1:15 | 300m (14 heats) | 1:00 | Long Jump Midget/Youth/ Senior Men (1+4+6) |
| 2:30 | 2000m 1 heat | 1:30 | Shot Put Midget/Youth Men (4+1) High Jump Senior Men (8) |
| 2:45 | 3000m 2 heats | 2:30 | Long Jump Youth/Senior Women (6+4) Shot Put Youth/Senior Women (1+4) |
| | | 3:30 | Shot Put Junior/Senior/Masters Men (1+4+1) |
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**Please note that in the 60m, 300m, 600m, 1000m and 3000m the Junior/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.

**The 1000m and possibly the 600m will be hand timed. All other races will be electronically timed.