

UWIC ATHLETICS IN ASSOCIATION WITH WELSH ATHLETICS PRESENTS

THE INDOOR ATHLETICS **GRAND PRIX**

SERIES 2009 - 2010



UWIC GP 1 – NIAC – 12/12/2009

UWIC GP 2 – NIAC – 10/01/2010

UWIC GP 3 – NIAC – 14/02/2010

£4 ENTRY PER EVENT, ENTER ON THE DAY

TIMETABLES BELOW

PLEASE SEE WWW.UWICSU.CO.UK/AU OR WWW.WELSHATHLETICS.ORG/FIXTURES

UWIC
Cardiff's metropolitan university
prifysgol metropolitan Caerdydd


WELSH ATHLETICS
ATHLETAU CYMRU

Event Timetable

Saturday 12th December 2009

Track Times

Time	Event	Gender	Predicted No. of Races
12.20	3000m	Men & Women	1
12.45	60m Hurdles	Men	3
13.10	60m Hurdles	Women	1
13.40	600m	Women	1
13.45	600m	Men	4
14.10	60m	Women	3
14.25	60m	Men	7
15.20	Medley Relay (1600, 1200, 800, 400) (Prize Money) First 8 Teams Enter in Advance **	Men	1
15.40	300m	Women	4
16.00	300m	Men	8
16.45	800m*	Women	1
17.00	1000m*	Men	3

Field Times

Time	Event	Gender	Predicted Nos.
13.30	Long Jump*	Men	12
13.40	Long Jump*	Women	6
13.45	Pole Vault	Men & Women	30
14.30	Shot*	Men & Women	20
15.30	High Jump*	Men	12
15.30	High Jump*	Women	6

* Event for Men's and Women's Pentathlon (run in conjunction with individual events).

** Contact Scott Simpson on SSimpson@uwic.ac.uk for team entries in advance.

£200 Prize Money for winning team.

Event Timetable

Sunday 10th January 2010

Track Times

Time	Event	Gender	Predicted No. of Races
12.00	60m Hurdles	Men	1
12.15	60m Hurdles	Women	1
12.30	60m	Men	7
13.05	60m	Women	4
13.30	400m	Men	8
14.10	400m	Women	5
14.40	60m Final	Men	1
14.45	60m Final	Women	1
15.00	1500m	Men	3
15.20	1500m	Women	1
15.30	200m	Men	10
16.20	200m	Women	6
16.45	3000m	Men	1
16.55	3000m	Women	1
17.10	800m	Men	6
17.40	800m	Women	3

Field Times

Time	Event	Gender	Predicted Nos.
11.30	TJ	Women	6
11.30	PV	Women	20
12.30	Shot	Men	10
12.45	TJ	Men	6
14.00	Shot	Women	10
14.15	LJ	Women	6
14.30	PV	Men	15
15.30	HJ	Men	8
15.30	HJ	Women	8
15.45	LJ	Men	6

Cash Prizes (£100, £50, £25) for Top 3 Performances of the Day (across all events - points tables).

Event Timetable

Sunday 14th February 2010

Track Times

Time	Event	Gender	Predicted No. of Races
12.30	60m	Men	8
13.10	60m	Women	4
13.45	800m	Men	5
14.10	800m	Women	3
14.25	400m	Men	6
15.00	400m	Women	3
15.30	60m Final	Men	1
15.40	60m Final	Women	1
15.50	2000m	Men	2
16.00	2000m	Women	1
16.15	200m	Men	8
17.00	200m	Women	4

Field Times

Time	Event	Gender	Predicted Nos.
12.30	PV	Women	12
14.00	LJ	Men & Women	10
15.00	PV	Men	10
16.00	TJ	Men & Women	10