



**2009 Canada Summer Games Trials &
Manitoba Provincial Age Class Championships
Final Schedule**

Friday, July 3, 2009

TRACK

6:00 pm 110mH - Men (6 + 1)
 100mH - Men (3)
 100mH - Women (8)
 80mH - Women (3)

6:30 pm 400m Men (22)
 400m Women (19)
 300m Men (7)
 300m Women (10)

7:15 pm 100m Heats Men (24)
 100m Heats Women (32)

8:00 pm 1500m — Men (31)
 1500m – Women (14)

8:45 pm 100m Final – Men
 100m Final – Women

FIELD

6:00 pm Discus Men (9)
7:00pm Women (4)

6:00 pm Pole Vault Women/Men (6 + 6)

6:00 pm Long Jump Men (1 flight) (15)
7:00 pm Women (2 flights) (25)

7:45 pm Javelin Men (10)
 Women (8)

******For Canada Summer Games Athletes******

**Selection to the Games Team will be based on the selection criteria at
www.athleticsmanitoba.com**

**As determined by the Games coaching staff, this meet is being run as an Open event.
As a result, Games eligible athletes will compete against non Games athletes and the
results will be sorted after the event.**

**The Games Team will be selected by the coaching staff at a coaches meeting following the
meet, subject to appeals and Board approval.**



Saturday, July 4, 2009

TRACK

9:00 am 3000m – Men (4)
9:15 am Women (5)

9:30 am 5000m - Men (12)
9:50 am Women (8)

10:10 am 200m Heats – Mens (25)
 200m Heats - Womens (33)
 150m Timed Finals – Men (8)
 150m Timed Finals – Women (8)

10:45 am 200H Women (1)
 300H Men (2)
 400H Men (1)

11:15 am 4x100m relay Men / Women

11:25 am 800m – Men (36)
 800m – Women (24)

12:10 pm 200m Final – Men
 200m Final – Women

12:20 pm 4x400m Relay – M / W

FIELD

9:00 am High Jump Men (1 flight) (9)
10:15 am Women (1 flight) (9)

9:00 am Shot Put Women (8)
10:00 am Men (8)

9:00 am Triple Jump Men (5)
10:00 am Women (8)

11:00 am Hammer Men/Wome (3 + 3)

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