



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

Friday, July 3, 2009

TRACK

6:00 pm	110mH - Men (6 + 1) 100mH - Men (3) 100mH - Women (8) 80mH - Women (3)	Timed Final Timed Final Timed Final Timed Final
6:30 pm	400m Men (18) 400m Women (18) 300m Men (16) 300m Women (12)	Timed Final Timed Final Timed Final Timed Final
7:15 pm	100m Heats Men (31) 100m Heats Women (39)	8 fastest time advance to final 8 fastest time advance to final
8:00 pm	1500m — Men (35) 1500m – Women (16)	Timed Final Timed Final
8:45 pm	100m Final – Men 100m Final – Women	

FIELD

6:00 pm	Discus Men (9)	
7:00pm	Discus Women (5)	
6:00 pm	Pole Vault Women/Men (6 + 6)	
6:00 pm	Long Jump Men (1 flight) (17)	
7:00 pm	Long Jump Women (2 flights) (28)	
7:45 pm	Javelin Men (11) Javelin Women (9)	

******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.





**2009 Provincial Age Class Championships
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Saturday, July 4, 2009

TRACK

9:00 am	3000m Men (4)	
9:15 am	3000m Women (5)	
9:30 am	5000m Men (12)	
9:50 am	5000m Women (9)	
10:10 am	200m Heats Mens (18)	8 fastest times advance to final
	200m Heats Womens (20)	8 fastest times advance to final
	150m Heats Men (16)	8 fastest times advance to final
	150m Heats Women (21)	8 fastest times advance to final
10:45 am	200H Women (1)	
	300H Men (2)	
	400H Men (1)	
11:15 am	4x100m relay Men / Women	
11:25 am	800m Men (41)	
	800m Women (27)	
12:10 pm	200m Final Men	
	200m Final Women	
	150m Final Men	
	150m Final Women	
12:30 pm	4x400m Relay – Men/Women	

FIELD

9:00 am	High Jump Men (1 flight) (10)
10:15 am	High Jump Women (1 flight) (10)
9:00 am	Shot Put Women (8)
10:00 am	Shot Put Men (9)
9:00 am	Triple Jump Men (4)
10:00 am	Triple Jump Women (10)
11:00 am	Hammer Men/Women (3 + 3)

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