

**2009 Manitoba Provincial Track and Field Championships
2009 Canada Summer Games Trials
Tentative Schedule**

Friday, July 3, 2009

TRACK

6:00 pm	110mH - Open Men 100mH - Open Men/Women 80mH - Open Men/Women
6:30 pm	400m Heats – Open Men 400m Heats – Open Women
7:00 pm	100m Heats – Men 100m Heats – Women
7:45 pm	1500m – Men 1500m – Women
8:30 pm	100m Final – Men 100m Final – Women
8:40 pm	400m Final - Men 400m Final - Women

FIELD

6:00 pm	Shot Put - Men - Women
6:00 pm	Pole Vault - Women - Men
6:00 pm	Long Jump - Men (2 flights) - Women (2 flights)
7:30 pm	Hammer - Men - Women

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Saturday, July 4, 2009

TRACK

9:00 am	5000m – Men 5000m – Women
10:00 am	200m Heats – Men 200m Heats - Women
11:00 pm	4x100m relay - Men 4x100m relay - Women
11:15 pm	800m – Men 800m – Women
12:15 pm	200m Final – Men 200m Final – Women
12:30 pm	4x400m relay – Men 4x400m relay – Women

FIELD

9:00 am	High Jump - Men (2 flights) - Women (2 flights)
9:00 am	Javelin - Men - Women
9:00 am	Triple Jump - Men - Women
10:30 am	Discus - Men - Women