



ATHLETICS MANITOBA TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY

145 Pacific Ave ● Winnipeg, MB R3B 2Z6 ● Tel: 204-925-5745 ● Fax: 204-925-5792 ● athleticsmb@shaw.ca ● www.athleticsmanitoba.com

Athletics Manitoba Open
Friday, January 20th, 2012
6:00 pm
Max Bell Centre, University of Manitoba

Tentative Schedule

Track Events will be run from Fastest to Slowest heats

****TRACK & FIELD EVENTS CAN RUN UP TO 15MIN AHEAD OF TIME****

Track

6:00 pm	60m	Pee Wee/Bantam Triathlon
6:10 pm	60m	Open Men
6:40 pm	60m	Open Women
7:05 pm	1500m	Open Men
7:20 pm	1500m	Open Women
7:45 pm	4x200m	Open Men
7:55 pm	4x200m	Open Women
8:00 pm	1200m	Midget & Under Men
8:15 pm	1200m	Midget & Under Women
8:30 pm	300m	Open Men
8:50 pm	300m	Open Women

Field

6:00 pm	Pole Vault	Open Women
6:15 pm	Long Jump	Pee Wee/Bantam Triathlon
7:00 pm	Shot Put	Pee Wee/Bantam Triathlon
7:00 pm	Pole Vault	Open Men
7:15 pm	Triple Jump	Midget & older Women
7:30 pm	Weight Toss	Open Men /Women
8:00 pm	Triple Jump	Midget & older Men

Fountain Tire





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Athletics Manitoba Open Saturday, January 21st, 2012

9:00 am

Max Bell Centre, University of Manitoba

Tentative Schedule

Track Events will be run from Fastest to Slowest heats

****TRACK EVENTS CAN RUN UP TO 15MIN AHEAD OF TIME****

Track

9:00 am	60mh	Open Men (Including Pentathlon)
9:20 am	60mh	Open Women (Including Pentathlon)

Indoor Hurdles Specs

Distance	#Hurdles	Hurdle Height	To 1st Hurdle	Between Hurdles
60 metres	5	0.762 metres (30")	12 metres	7.5 metres
60 metres	5	0.762 metres (30")	12 metres	8.0 metres
60 metres	5	0.762 metres (30")	13 metres	8.5 metres
60 meters	5	0.840 meters (33")	13 metres	8.5 metres
60 metres	5	0.914 metres (36")	13 metres	8.5 metres
60 metres	5	0.914 metres (36")	13.72 metres	9.14 metres
60 metres	5	0.991 metres (39")	13.72 metres	9.14 metres
60 metres	5	1.067 metres (42")	13.72 metres	9.14 metres

9:40 am	3000m	Open Men
10:05 am	3000m	Open Women
10:20 am	2000m	Midget Men
10:30 am	2000m	Midget Women
10:40 am	600m	Open Men
10:55 am	600m	Open Women
11:10 am	200m	Open Men Midget and older
11:20 am	200m	Open Women Midget and older
11:45 am	150m	Open Women Bantam and under
11:55 am	150m	Open Men Bantam and Under
12:25 pm	4x400m	Open Men
12:40 pm	4x400m	Open Women
1:40 pm	800m	Open Women (including Pentathlon)
1:45 pm	1000m	Open Men (including Pentathlon)

Field

9:00 am	Long Jump	Women Bantam & Under (Outside Pit)
9:30 am	Shot Put	Men Midget and Under & Special O
9:30 am	Long Jump	Open Men (including Pentathlon) (Inside Pit)
9:40 am	High Jump	Open Women's (including Pentathlon)
10:00 am	Long Jump	Men Bantam and Under (Outside Pit)
11:00 am	Shot Put	Men & Women Pentathlon
11:00 am	Long Jump	Open Women (Midget and Older)
11:35 am	Shot Put	Open Women
12:00 pm	High Jump	Open Men (including Pentathlon)
12:00 pm	Long Jump	Men Midget (including Women's Pentathlon)
12:15 pm	Shot Put	Open Men

Fountain Tire

