



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

2011 Western Canada Summer Games Trials and Provincial Track and Field Age Class Championships University Stadium

Saturday, June 25th & Sunday June 26th

Tentative Schedule (times are approximate)
Schedule will change once entry numbers are submitted.

Saturday, June 25th

TRACK

9:30 am	5000m	Men	
9:50 am	5000m	Women	
10:10 am	110m Hurdles	Men	
	100m Hurdles	Men	
	100m Hurdles	Women	
	80m Hurdles	Men/Women	
10:45 am	1200m	Men	
	1200m	Women	
11:00 am	400m Heats	Men	(if required)
	400m Heats	Women	(if required)
11:10 am	1500m Heats	Men	
	1500m Heats	Women	
11:40 am	300m Timed Finals	Men	
	300m Timed Finals	Women	
11:50 am	100m Heats	Men	
	100m Heats	Women	
1:00 pm	110m Hurdles	Men - WCSG	
	100m Hurdles	Women - WCSG	
1:10 pm	Steeplechase	Men - Age class	
	Steeplechase	Women - Age class	
1:30 pm	400m Final	Men	
	400m Final	Women	
1:35 pm	100m Finals	Men	
	100m Finals	Women	
1:45 pm	4x100m Relay	Men	
	4x100m Relay	Women	

FIELD

9:30 am	Shot Put	Midget & under Men
9:30 am	Long Jump	Midget & under Women
10:30 am	Shot Put	Midget & under Women
11:00 am	Long Jump	Youth & up Women
10:30 am	Pole Vault	Women
11:30 am	Shot Put	Women - Youth & Up
1:00 pm	Shot Put	Men - Youth & Up
1:00 pm	Pole Vault	Men
1:00 pm	Triple Jump	Men
2:00 pm	Javelin	Women
	Javelin	Men





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Sunday, July 11, 2010

TRACK

9:30 am	2000m	Men
	2000m	Women
	3000m	Men
	3000m	Women
	3000m	Women
10:30 am	200m Heats	Men
	200m Heats	Women
	150m Heats	Men
	150m Heats	Women
11:30 am	800m Timed Finals	Men
	800m Timed Finals	Women
1:00 pm	400m Hurdles	Men
	400m Hurdles	Women
	300m Hurdles	Men
	300m Hurdles	Women
	200m Hurdles	Men
	200m Hurdles	Women
1:30 pm	200m Finals	Men
	200m Finals	Women
1:40 pm	150m Final	Men
1:50 pm	150m Final	Women
	4x400m Relay	Men
	4x400m Relay	Women

FIELD

9:30 am	Long Jump	Men - Midget & under
9:30 am	High Jump	Women - Midget & under
9:30 am	Discus	Men/Women - Midget & under
10:30 am	Long Jump	Men - Youth & up
10:30 am	High Jump	Women - Youth & up
10:30 am	Discus	Men - Youth & Up
	Discus	Women - Youth & Up
11:45 am	High Jump	Men - Youth & Up
12:30 pm	Triple Jump	Women
12:30 pm	Hammer	Men
1:30 pm	High Jump	Men - Midget & Under
1:30 pm	Hammer	Women

Fountain Tire

Sport
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