



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

FINAL SCHEDULE

Saturday, June 25th

*Please note the following information regarding 100m, 200m and 400m.
Heats are being run as Open with all athletes seeded according to submitted seed times,
and then finals will be run as WCSG finals and age class finals from oldest to youngest.*

TRACK

9:30 AM	5000m	Men	4
9:50 AM	5000m	Women	3
10:10 AM	110m Hurdles	Men SR + JR	1+2
10:15 AM	110m Hurdles	Men - Youth	3
10:20 AM	100m Hurdles	Men - Midget	2
10:22 AM	100m Hurdles	Women - SR & JR	4
10:25 AM	100m Hurdles	Women - Youth	4
10:30 AM	80m Hurdles	Men - Bantam	3
10:30 AM	80m Hurdles	Women - Bantam	2
10:35 AM	1200m	Men	12
10:40 AM	1200m	Women	5
10:50 AM	400m Heats	Men	23
11:00 AM	400m Heats	Women	13
11:10 AM	1500m Heats	Men	24
11:20 AM	1500m Heats	Women	6
11:30 AM	300m Timed Finals	Men	13
11:35 AM	300m Timed Finals	Women	10
11:45 AM	100m Heats	Men	48
11:55 AM	100m Heats	Women	55

LUNCH BREAK

1:00 PM	110m Hurdles	Men - WCSG	3
1:05 PM	100m Hurdles	Women - WCSG	2
1:10 PM	3000m Steeplechase	Men	1
1:20 PM	1500m Steeplechase	Men	1
1:30 PM	400m Finals	Men	8
1:35 PM	400m Finals	Women	8
1:45 PM	100m Finals	Men	8
1:55 PM	100m Finals	Women	8
2:05 PM	4x100m Relay	Men	9
	4x100m Relay	Women	8





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FIELD

9:30 AM	Shot Put	Men - Midget & under	10
9:30 AM	Long Jump	Women - PeeWee	11
10:15 AM	Shot Put	Women - Midget & under	15
10:30 AM	Long Jump	Women - Bantam & Midget	18
11:15 AM	Shot Put	Women - Youth & Up	7
11:30 AM	Long Jump	Women - Youth & Up	12
1:00 PM	Shot Put	Men - Youth & Up	9
1:30 PM	Triple Jump	Men	7
1:30 PM	Javelin	Women	10
2:15 PM	Javelin	Men	11

Sunday, June 26th

FIELD

9:30 AM	Long Jump	Men - Midget & under	20
9:30 AM	High Jump	Women - Bantan & under	5
10:00 AM	Discus	Women	7
10:30 AM	High Jump	Women - Midget & up	9
11:00 AM	Long Jump	Men - Youth & up	11
11:00 AM	Discus	Men	13
11:00 AM	Pole Vault	Women	10
11:45 AM	High Jump	Men - Youth & Up	9
12:30 PM	Triple Jump	Women	11
12:30 PM	Hammer	Men	10
1:00 PM	Pole Vault	Men	4
1:30 PM	High Jump	Men - Midget & Under	11
1:30 PM	Hammer	Women	8





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Sunday, June 26th

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TRACK

9:30 AM	2000m	Men	1
9:30 AM	2000m	Women	3
9:40 AM	3000m	Men	9
9:50 AM	3000m	Women	4
10:10 AM	200m Heats	Men	30
10:20 AM	200m Heats	Women	31
10:30 AM	150m Heats	Men	15
10:35 AM	150m Heats	Women	24
11:00 AM	800m Timed Finals	Men	45
11:15 AM	800m Timed Finals	Women	23

Lunch Break

12:30 PM	400m Hurdles	Men	1+2
12:35 PM	400m Hurdles	Women	3
12:40 PM	300m Hurdles	Men	3
12:45 PM	300m Hurdles	Women	1
12:50 PM	200m Hurdles	Men	3
1:00 PM	200m Finals	Men	8
1:10 PM	200m Finals	Women	8
1:15 PM	150m Final	Men	8
1:20 PM	150m Final	Women	8
1:30 PM	4x400m Relay	Men	2
1:35 PM	4x400m Relay	Women	2

Fountain Tire

Sport
MANITOBA

CITY
PARK
Runners