



TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY

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Athletics Manitoba Open
Friday, January 18th, 2013 5:30 pm
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

5:30 pm	60mh	Open Men (Including Pentathlon)
5:35 pm	60mh	Open Women (Including Pentathlon)
6:00 pm	60m	Open Men
6:20 pm	60m	Open Women
6:35 pm	2000m	Midget Men
6:40 pm	2000m	Midget Women
6:45 pm	3000m	Youth & up Men
7:05 pm	3000m	Youth & up Women
7:20 pm	200m	Midget & up Men
7:35 pm	200m	Midget & up Women
7:45 pm	150m	Bantam & PeeWee Men
8:00 pm	150m	Bantam & PeeWee Women
8:25 pm	600m	Open Women
8:45 pm	600m	Open Men
9:45 pm(TBA)**	800m/1000m	Pentathlon Men & Women

****30mins after completion of previous event****

Field

5:35 pm	Shot Put	Pee Wee/ Bantam Women
6:00 pm	Long Jump	Open Men (including Pentathlon)
6:05 pm	Shot Put	Pee Wee/ Bantam Men
6:05 pm	High Jump	Open Women (including Pentathlon)
7:15 pm	Shot Put	Open Men (including Pentathlon)
8:15 pm	Shot Put	Open Women (including Pentathlon)
8:30 pm	High Jump	Open Men (including Pentathlon)
9:15 pm	Long Jump	Open Women (including Pentathlon)

**** In all field events Pentathletes will go first, in order for them to prepare for their next event*****

Fountain Tire

Sport
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