



# TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY

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

## Final 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 (14) (12)
6:10 pm	60m	Open Men (24)
6:40 pm	60m	Open Women (21)
7:05 pm	1500m	Open Men (8)
7:10 pm	1500m	Open Women (6)
7:25 pm	4x200m	Open Men (3)
7:35 pm	4x200m	Open Women (5)
7:45 pm	1200m	Midget & Under Men (6)
7:55 pm	1200m	Midget & Under Women (1)
8:05 pm	300m	Open Men (22)
8:20 pm	300m	Open Women (32)

### Field

6:00 pm	Pole Vault	Open Women (4)
6:15 pm	Long Jump	Pee Wee/Bantam Triathlon (14) (12)
7:10 pm	Shot Put	Pee Wee/Bantam Triathlon (14) (12)
7:00 pm	Pole Vault	Open Men (6)
7:15 pm	Triple Jump	Open Women & Men (3) (1)
7:45 pm	Weight Toss	Open Men /Women (6) (4)

**Fountain Tire**

**Sport**  
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## Athletics Manitoba Open Saturday, January 21st, 2012 9:00 am Max Bell Centre, University of Manitoba

### Final 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) (1) (1) (2) (1)
9:20 am	60mh	Open Women (Including Pentathlon) (4) (1) (4)

#### 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 (6)
10:00 am	3000m	Open Women
10:15 am	2000m	Midget Men (1)
10:30 am	2000m	Midget Women (1)
10:45 am	600m	Open Men (24)
11:00 am	600m	Open Women (12)
11:10 am	200m	Open Men Midget and older (19)
11:30 am	200m	Open Women Midget and older (32)
11:50 am	150m	Open Women Bantam and under (21)
12:05 am	150m	Open Men Bantam and Under (18)
1:40 pm	800m	Open Women (including Pentathlon) (14) (4)
1:45 pm	1000m	Open Men (including Pentathlon) (11) (5)

#### Field

9:30 am	Shot Put	Men & Women Special O (9) (1)
9:30 am	Long Jump	Open Men (including Pentathlon) (15) (5)
9:40 am	High Jump	Open Women's (including Pentathlon) (5) (4)
10:00 am	Long Jump	Men Bantam and Under (Outside Pit)
11:00 am	Shot Put	<b>Men &amp; Women Pentathlon (5) (4)</b>
11:00 am	Long Jump	Open Women (14)
11:35 am	Shot Put	Open Women (10)
12:00 pm	High Jump	Open Men (including Pentathlon) (7) (5)
12:00 pm	Long Jump	Men Midget (including Women's Pentathlon)
12:15 pm	Shot Put	Open Men (13)

**Fountain Tire**

**Sport**  
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