



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

Final 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) (8) |
| 5:35 pm | 60mh | Open Women (Including Pentathlon) (7) |
| 5:45 pm | 60m | Open Men (62) |
| 6:00 pm | 60m | Open Women (65) |
| 6:30 pm | 2000m | Midget Women (2) |
| 6:40 pm | 3000m | Men Youth & up (21) |
| 7:00 pm | 3000m | Women Youth & up (6) |
| 7:15 pm | 200m | Men Midget & up (43) |
| 7:35 pm | 200m | Women Midget & up(38) |
| 7:50 pm | 150m | Men Bantam & PeeWee (14) |
| 8:00 pm | 150m | Women Bantam & PeeWee (23) |
| 8:20 pm | 600m | Open Men (37) |
| 8:35 pm | 600m | Open Women (30) |
| 9:45 pm(TBA)** | 800m/1000m | Pentathlon Men & Women(7)(2)& (1)(1) |

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

Field

| | | |
|---------|--------------|---|
| 5:30 pm | Shot Put | Pee Wee Men & Women (8)& (5) |
| 5:35 pm | Long Jump | Bantam Men & Women (Outside Pit)(9)(13) |
| 6:00 pm | Long Jump | Open Men (including Pentathlon) Inside Pit (10) (9) |
| 6:00 pm | Shot Put | Bantam Men & Women (5) &(12) |
| 6:10 pm | Long Jump | Pee Wee Men & Women(Outside Pit) (8) (8) |
| 6:15 pm | High Jump | Midget and Up Women (including Pentathlon)(6)(2) |
| 7:00 pm | Shot Put | Midget and Up Men (including Pentathlon) (16) (9) |
| 7:05 pm | High Jump | Pee Wee & Bantam Men & Women (5)&(7) |
| 7:10 pm | Long Jump | Midget Men (Inside Pit) (8) |
| 7:30 pm | Long Jump | Midget Women(Outside Pit)(9) |
| 8:00 pm | Shot Put | Open Women (including Pentathlon) (4) (2) |
| 8:30 pm | High Jump | Midget and Up Men (including Pentathlon) (6) (9) |
| 9:00 pm | Long Jump | Open Women (including Pentathlon) Inside Pit (10) (2) |
| 9:15 pm | Weight Throw | Open Men & Women (5) (8) |

**** 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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