

2014 MILK High School Track & Field Schedule

Thursday, June 5

Track Events

1:00 pm	100 m	Heats	JR Girls
1:20 pm	100 m	Heats	SR Girls
1:40 pm	100 m	Heats	JR Boys
2:00 pm	100 m	Heats	SR Boys
2:30 pm	400 m	Heats	JR Girls
2:50 pm	400 m	Heats	SR Girls
3:10 pm	400 m	Heats	JR Boys
3:30 pm	400 m	Heats	SR Boys
4:00 pm	1500 m	Timed Final	JR Girls
4:20 pm	1500 m	Timed Final	SR Girls
4:40 pm	1500 m	Timed Final	JR Boys
5:00 pm	1500 m	Timed Final	SR Boys
5:30 pm	100 m	Semi-Final	JR Girls
5:40 pm	100 m	Semi-Final	SR Girls
5:50 pm	100 m	Semi-Final	JR Boys
6:00 pm	100 m	Semi-Final	SR Boys
6:30 pm	Medley Relay	Timed Final	JR Girls
6:50 pm	Medley Relay	Timed Final	SR Girls
7:10 pm	Medley Relay	Timed Final	JR Boys
7:30 pm	Medley Relay	Timed Final	SR Boys

8:00 pm Awards Presentation (medley relay & 1500 m)



Thursday, June 5

Field Events



12:15 pm	Long Jump	Qualifying – Flight 1	JR Girls
12:15 pm	Shot Put	Qualifying – Flight 1	JR Boys
12:15 pm	Javelin	Qualifying – Flight 1	SR Girls
12:15 pm	High Jump	Qualifying – Flight 1	SR Boys
1:15 pm	Long Jump	Qualifying – Flight 2	JR Girls
1:15 pm	Shot Put	Qualifying – Flight 2	JR Boys
1:15 pm	Javelin	Qualifying – Flight 2	SR Girls
1:15 pm	High Jump	Qualifying – Flight 2	SR Boys
2:15 pm	High Jump	Qualifying – Flight 1	JR Girls
2:15 pm	Long Jump	Qualifying – Flight 1	JR Boys
2:15 pm	Shot Put	Qualifying – Flight 1	SR Girls
2:15 pm	Javelin	Qualifying – Flight 1	SR Boys
3:15 pm	High Jump	Qualifying – Flight 2	JR Girls
3:15 pm	Long Jump	Qualifying – Flight 2	JR Boys
3:15 pm	Shot Put	Qualifying – Flight 2	SR Girls
3:15 pm	Javelin	Qualifying – Flight 2	SR Boys
4:15 pm	Javelin	Qualifying – Flight 1	JR Girls
4:15 pm	High Jump	Qualifying – Flight 1	JR Boys
4:15 pm	Long Jump	Qualifying – Flight 1	SR Girls
4:15 pm	Shot Put	Qualifying – Flight 1	SR Boys
5:15 pm	Javelin	Qualifying – Flight 2	JR Girls
5:15 pm	High Jump	Qualifying – Flight 2	JR Boys
5:15 pm	Long Jump	Qualifying – Flight 2	SR Girls
5:15 pm	Shot Put	Qualifying – Flight 2	SR Boys
6:15 pm	Shot Put	Qualifying – Flight 1	JR Girls
6:15 pm	Javelin	Qualifying – Flight 1	JR Boys
6:15 pm	High Jump	Qualifying – Flight 1	SR Girls
6:15 pm	Long Jump	Qualifying – Flight 1	SR Boys
7:15 pm	Shot Put	Qualifying – Flight 2	JR Girls
7:15 pm	Javelin	Qualifying – Flight 2	JR Boys
7:15 pm	High Jump	Qualifying – Flight 2	SR Girls
7:15 pm	Long Jump	Qualifying – Flight 2	SR Boys



Friday, June 6

Dairy Farmers of Manitoba

Track Events

9:30 pm	200 m	Heats	JR Girls
9:50 pm	200 m	Heats	SR Girls
10:10 pm	200 m	Heats	JR Boys
10:30 pm	200 m	Heats	SR Boys
10.30 pm	200 11	Tieals	SIX DUys
11.00			
11:00 am	80 m hurdles	Heats	JR Girls
11:20 am	80 m hurdles	Heats	SR Girls
11:40 am	100 m hurdles	Heats	JR Boys
12:00 am	100 m hurdles	Heats	SR Boys
10.00	100	Final	
12:30 pm	100 m	Final	JR Girls
12:35 pm	100 m	Final	SR Girls
12:40 pm	100 m	Final	JR Boys
12:45 pm	100 m	Final	SR Boys
1:00 pm	800 m	Heats	JR Girls
•	800 m	Heats	SR Girls
1:20 pm			
1:40 pm	800 m	Heats	JR Boys
2:00 pm	800 m	Heats	SR Boys
2:30 pm	Awards Presentation (100 m, 9:15 & 11:15 am	Field Events)
2.50 pm	Awarus Fresentation (100 m, 9.15 & 11.15 am	
2:50 pm	200 m	Semi-final	JR Girls
	200 m	Semi-final	
3:00 pm	200 m 200 m	Semi-final Semi-final	SR Girls
3:00 pm 3:10 pm	200 m	Semi-final	SR Girls JR Boys
3:00 pm			SR Girls
3:00 pm 3:10 pm 3:20 pm	200 m	Semi-final	SR Girls JR Boys
3:00 pm 3:10 pm 3:20 pm 3:40 pm	200 m 200 m	Semi-final Semi-final	SR Girls JR Boys SR Boys JR Girls
3:00 pm 3:10 pm 3:20 pm 3:40 pm 3:50 pm	200 m 200 m 100 m 100 m	Semi-final Semi-final Multi Event Multi Event	SR Girls JR Boys SR Boys JR Girls SR Girls
3:00 pm 3:10 pm 3:20 pm 3:40 pm 3:50 pm 4:00 pm	200 m 200 m 100 m 100 m 100 m	Semi-final Semi-final Multi Event Multi Event Multi Event	SR Girls JR Boys SR Boys JR Girls SR Girls JR Boys
3:00 pm 3:10 pm 3:20 pm 3:40 pm 3:50 pm	200 m 200 m 100 m 100 m	Semi-final Semi-final Multi Event Multi Event	SR Girls JR Boys SR Boys JR Girls SR Girls
3:00 pm 3:10 pm 3:20 pm 3:40 pm 3:50 pm 4:00 pm	200 m 200 m 100 m 100 m 100 m 100 m	Semi-final Semi-final Multi Event Multi Event Multi Event	SR Girls JR Boys SR Boys JR Girls SR Girls JR Boys SR Boys
3:00 pm 3:10 pm 3:20 pm 3:40 pm 3:50 pm 4:00 pm 4:10 pm 4:30 pm	200 m 200 m 100 m 100 m 100 m Awards Presentation (Semi-final Semi-final Multi Event Multi Event Multi Event Multi Event 1:15 & 3:15 Field Events	SR Girls JR Boys SR Boys JR Girls SR Girls JR Boys SR Boys
3:00 pm 3:10 pm 3:20 pm 3:40 pm 3:50 pm 4:00 pm 4:10 pm 4:30 pm 5:00 pm	200 m 200 m 100 m 100 m 100 m Awards Presentation (4 x 100 m	Semi-final Semi-final Multi Event Multi Event Multi Event Multi Event 1:15 & 3:15 Field Events Heats	SR Girls JR Boys SR Boys JR Girls SR Girls JR Boys SR Boys) JR Girls
3:00 pm 3:10 pm 3:20 pm 3:20 pm 3:50 pm 4:00 pm 4:10 pm 4:30 pm 5:00 pm 5:20 pm	200 m 200 m 100 m 100 m 100 m 100 m Awards Presentation (4 x 100 m 4 x 100 m	Semi-final Semi-final Multi Event Multi Event Multi Event Multi Event 1:15 & 3:15 Field Events Heats Heats	SR Girls JR Boys SR Boys JR Girls SR Girls JR Boys SR Boys) JR Girls SR Girls
3:00 pm 3:10 pm 3:20 pm 3:20 pm 3:50 pm 4:00 pm 4:10 pm 4:30 pm 5:20 pm 5:20 pm 5:40 pm	200 m 200 m 100 m 100 m 100 m 100 m Awards Presentation (4 x 100 m 4 x 100 m 4 x 100 m	Semi-final Semi-final Multi Event Multi Event Multi Event Multi Event 1:15 & 3:15 Field Events Heats Heats Heats Heats	SR Girls JR Boys SR Boys JR Girls SR Girls JR Boys SR Boys) JR Girls SR Girls JR Boys
3:00 pm 3:10 pm 3:20 pm 3:20 pm 3:50 pm 4:00 pm 4:10 pm 4:30 pm 5:00 pm 5:20 pm	200 m 200 m 100 m 100 m 100 m 100 m Awards Presentation (4 x 100 m 4 x 100 m	Semi-final Semi-final Multi Event Multi Event Multi Event Multi Event 1:15 & 3:15 Field Events Heats Heats	SR Girls JR Boys SR Boys JR Girls SR Girls JR Boys SR Boys) JR Girls SR Girls
3:00 pm 3:10 pm 3:20 pm 3:20 pm 3:50 pm 4:00 pm 4:10 pm 4:30 pm 5:00 pm 5:20 pm 5:20 pm 5:40 pm 6:00 pm	200 m 200 m 100 m 100 m 100 m Awards Presentation (4 x 100 m 4 x 100 m 4 x 100 m 4 x 100 m	Semi-final Semi-final Multi Event Multi Event Multi Event Multi Event 1:15 & 3:15 Field Events Heats Heats Heats Heats Heats Heats	SR Girls JR Boys SR Boys JR Girls SR Girls JR Boys SR Boys) JR Girls JR Boys SR Boys SR Boys
3:00 pm 3:10 pm 3:20 pm 3:20 pm 3:50 pm 4:00 pm 4:10 pm 4:30 pm 5:20 pm 5:20 pm 5:20 pm 6:00 pm	200 m 200 m 100 m 100 m 100 m Awards Presentation (4 x 100 m 4 x 100 m 4 x 100 m 4 x 100 m 4 x 100 m	Semi-final Semi-final Multi Event Multi Event Multi Event 1:15 & 3:15 Field Events Heats Heats Heats Heats Heats Heats	SR Girls JR Boys SR Boys JR Girls SR Girls JR Boys SR Boys) JR Girls JR Boys SR Boys SR Boys JR Boys
3:00 pm 3:10 pm 3:20 pm 3:20 pm 3:50 pm 4:00 pm 4:10 pm 4:30 pm 5:00 pm 5:20 pm 5:20 pm 5:40 pm 6:00 pm 6:30 pm 6:30 pm	200 m 200 m 100 m 100 m 100 m 100 m Awards Presentation (4 x 100 m 4 x 400 m	Semi-final Semi-final Multi Event Multi Event Multi Event Multi Event 1:15 & 3:15 Field Events Heats Heats Heats Heats Heats Heats Timed Final Timed Final	SR Girls JR Boys SR Boys JR Girls SR Girls JR Boys SR Boys) JR Girls JR Boys SR Boys SR Boys SR Boys
3:00 pm 3:10 pm 3:20 pm 3:20 pm 3:50 pm 4:00 pm 4:10 pm 4:30 pm 5:00 pm 5:20 pm 5:20 pm 5:40 pm 6:00 pm 6:30 pm 6:50 pm 7:10 pm	200 m 200 m 100 m 100 m 100 m 100 m Awards Presentation (4 x 100 m 4 x 400 m 4 x 400 m	Semi-final Semi-final Multi Event Multi Event Multi Event Multi Event 1:15 & 3:15 Field Events Heats Heats Heats Heats Heats Timed Final Timed Final Timed Final	SR Girls JR Boys SR Boys JR Girls SR Girls JR Boys SR Boys) JR Girls JR Boys SR Boys SR Boys SR Boys
3:00 pm 3:10 pm 3:20 pm 3:20 pm 3:50 pm 4:00 pm 4:10 pm 4:30 pm 5:00 pm 5:20 pm 5:20 pm 5:40 pm 6:00 pm 6:30 pm 6:30 pm	200 m 200 m 100 m 100 m 100 m 100 m Awards Presentation (4 x 100 m 4 x 400 m	Semi-final Semi-final Multi Event Multi Event Multi Event Multi Event 1:15 & 3:15 Field Events Heats Heats Heats Heats Heats Heats Timed Final Timed Final	SR Girls JR Boys SR Boys JR Girls SR Girls JR Boys SR Boys) JR Girls JR Boys SR Boys SR Boys SR Boys

8:00 pm Awards Presentation (5:15 & 6:30 Field Events, 4 x 400 m)

Friday, June 6

Field Events



9:15 am	Triple Jump	Qualifying – Flight 1	JR Girls
9:15 am	Discus	Qualifying – Flight 1	SR Boys
9:15 am	High Jump	Final	JR Boys
10:15 am	Shot Put	Multi Event	JR Boys
10:15 am	Triple Jump	Qualifying – Flight 2	JR Girls
10:15 am	Discus	Qualifying – Flight 2	SR Boys
11:15 am	Shot Put	Multi Event	JR Girls
11:15 am	Triple Jump	Qualifying – Flight 1	JR Boys
11:15 am	Discus	Qualifying – Flight 1	SR Girls
11:15 am	High Jump	Final	SR Boys
12:15 pm	Shot Put	Multi Event	SR Girls
12:15 pm	Triple Jump	Qualifying – Flight 2	JR Boys
12:15 pm	Discus	Qualifying – Flight 2	SR Girls
1:15 pm	Shot Put	Multi Event	SR Boys
1:15 pm	Triple Jump	Qualifying – Flight 1	SR Boys
1:15 pm	Discus	Qualifying – Flight 1	JR Girls
1:15 pm	High Jump`	Final	SR Girls
2:15 pm	Triple Jump	Qualifying – Flight 2	SR Boys
2:15 pm	Discus	Qualifying – Flight 2	JR Girls
3:15 pm	Triple Jump	Qualifying – Flight 1	SR Girls
3:15 pm	Discus	Qualifying – Flight 1	JR Boys
3:15 am	High Jump	Final	JR Girls
4:15 pm	Triple Jump	Qualifying – Flight 2	SR Girls
4:15 pm	Discus	Qualifying – Flight 2	JR Boys
5:15 pm	Shot Put	Final	JR Boys
5:15 pm	Javelin	Final	SR Girls
5:15 pm	Long Jump	Final	SR Boys
6:30pm	Long Jump	Final	JR Girls
6:30pm	Shot Put	Final	SR Girls
6:30 pm	Javelin	Final	SR Boys



Saturday, June 7

Dairy Farmers of Manitoba

Track Events

9:00 am	3000 m	Timed Final	JR Girls
9:40 am	3000 m	Timed Final	SR Girls
10:20 am	3000 m	Timed Final	JR Boys
11:00 am	3000 m	Timed Final	SR Boys
11:50 am	400 m	Final	JR Girls
11:55 am	400 m	Final	SR Girls
12:00 pm	400 m	Final	JR Boys
12:05pm	400 m	Final	SR Boys
12:30 pm	Awards Presentation (3000 m, 9:00 & 10:15 am Field Events)		
1:00 pm	80 m hurdles	Final	JR Girls
1:05 pm	80 m hurdles	Final	SR Girls
1:10 pm	100 m hurdles	Final	JR Boys
1:15 pm	100 m hurdles	Final	SR Boys
1:55 pm	800 m	Final	JR Girls
2:00 pm	800 m	Final	SR Girls
2:05 pm	800 m	Final	JR Boys
2:10 pm	800 m	Final	SR Boys
2:30 pm	Awards Presentation (400 m, Hurdles,11:30 am	n & 12:45 pm Field Events)	
2:45 pm	200 m	Final	JR Girls
2:50 pm	200 m	Final	SR Girls
2:55 pm	200 m	Final	JR Boys
3:00 pm	200 m	Final	SR Boys
3:10 pm	800 m	Multi Event	JR Girls
3:15 pm	800 m	Multi Event	SR Girls
3:20 pm	800 m	Multi Event	JR Boys
3:25 pm	800 m	Multi Event	SR Boys
3:35 pm	4 x 100 m	Final	JR Girls
3:40 pm	4 x 100 m	Final	SR Girls
3:45 pm	4 x 100 m	Final	JR Boys
3:50 pm	4 x 100 m	Final	SR Boys
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4:30 pm Awards Presentation

(800 m, 200 m, Multi Event, 4 x 100 m, 2:00 & 3:15 pm Field Events, Team Banners)

Saturday, June 7

Field Events



9:00 am	Javelin	Final	JR Girls
9:00 am	Long Jump	Multi Event	JR Boys
9:00 am	Shot Put	Final	SR Boys
10:15 am	Shot Put	Final	JR Girls
10:15 am	Javelin	Final	JR Boys
10:15 am	Long Jump	Multi Event	SR Girls
11:30 am	Long Jump	Multi Event	JR Girls
11:30 am	Triple Jump	Final	JR Boys
11:30 am	Discus	Final	SR Boys
12:45 am	Long Jump	Multi Event	SR Boys
12:45 am	Triple Jump	Final	SR Girls
12:45 am	Discus	Final	JR Girls
2:00 pm	Long Jump	Final	SR Girl
2:00 pm	Triple Jump	Final	JR Girls
2:00 pm	Discus	Final	JR Boys
3:15 pm	Long Jump	Final	JR Boys
3:15 pm	Triple Jump	Final	SR Boys
3:15 pm	Discus	Final	SR Girls











MTS Winnipeg Free Press

Milk Every Moment