



# **TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY**

•145 PACIFIC AVE. WINNIPEG, MB. R3B 2Z6 •TEL: 204-925-5745 •FAX: 204-925-5792 •CHRIS.BELOF@SHAW.CA •[www.AthleticsManitoba.com](http://www.AthleticsManitoba.com)

## **Athletics Manitoba Spring Open Final Schedule**

**Friday, May 9<sup>th</sup>, 2014**

### **Track**

5:30 pm	2000m Steeple	Open Women <b>(4)</b>
5:40 pm	2000m Steeple	Youth Men <b>(1)</b>
6:00 pm	110mh	Men <b>(1)</b>
6:05 pm	100mh	Men <b>(1)</b>
6:10 pm	100mh	Women <b>(3)</b>
6:15 pm	80mh	Women <b>(2)</b>
6:20 pm	150m	Pee Wee/Bantam Men <b>(7)</b>
6:25 pm	150m	Pee Wee/Bantam Women <b>(20)</b>
6:35 pm	200m	Midget + Older Men <b>(24)</b>
6:50 pm	200m	Midget + Older Women <b>(32)</b>
7:00 pm	600m	Pee Wee Women <b>(2)</b>
7:10 pm	800m	Open Men <b>(20)</b>
7:20 pm	800m	Open Women <b>(25)</b>
7:30 pm	4x400m	Open Women <b>(1)</b>

### **Field**

5:30 pm	Standing Long Jump	Pee Wee/Bantam Men and Women <b>(2) (6)</b>
6:00 pm	Javelin	Men & Women <b>(10) (1)</b>
6:00 pm	Pole Vault	Men <b>(2)</b>
6:00 pm	Long Jump	Open Women <b>(18)</b>
7:30 pm	Long Jump	Bantam Men and Women <b>(13) (10)</b>
8:15 pm	Long Jump	Open Men <b>(10)</b>
7:15 pm	Discus	Women <b>(5)</b>
8:00 pm	Discus	Men <b>(8)</b>



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## **Athletics Manitoba Spring Open Final Schedule May 10<sup>th</sup>, 2014**

<b>Track</b>		
9:30 am	3000m	Youth & Older Women <b>(2)</b>
9:45 am	3000m	Youth & Older Men <b>(3)</b>
10:00 am	2000m	Midget Men <b>(1)</b>
10:15 am	400m	Youth/Junior/Senior Men <b>(18)</b>
10:30 am	400m	Youth/Junior/Senior Women <b>(13)</b>
10:45 am	80m	Pee Wee/Bantam Men <b>(10)</b>
10:55 am	80m	Pee Wee/Bantam Women <b>(16)</b>
11:05 am	100m	Midget/Youth/Junior/Senior Men <b>(23)</b>
11:20 am	100m	Midget/Youth/Junior/Senior Women <b>(24)</b>
11:45 am	200mh	Midget Men/Women <b>(1) (2)</b>
11:50 am	300mh	Youth Men <b>(1)</b>
12:00 pm	1200m	Bantam/Midget Men <b>(4)</b>
12:10 pm	1200m	Bantam/Midget Women <b>(2)</b>
12:20 pm	300m	Pee Wee/Bantam/Midget Men <b>(12)</b>
12:30 pm	300m	Pee Wee/Bantam/Midget Women <b>(14)</b>
12:45 pm	1500m	Youth/Junior/Senior Men <b>(9)</b>
12:55 pm	1500m	Youth/Junior/Senior Women <b>(3)</b>
1:10 pm	4x100m	Men <b>(3)</b>
1:20 pm	4x100m	Women <b>(4)</b>
<b>Field</b>		
9:30 am	Long Jump	Pee Wee Men & Women <b>(3) (6)</b>
9:30 am	Shot Put	Pee Wee/Bantam Men & Women 3 attempts <b>(4) (7)</b>
10:00 am	Shot Put	Midget/Youth/Junior/Senior Men <b>(14)</b>
11:00 am	Shot Put	Midget/ Youth/Junior/Senior Women <b>(11)</b>
10:15 am	Triple Jump	Midget/Youth/Junior/Senior Women <b>(5)</b>
10:45 am	Triple Jump	Midget/Youth/Junior/Senior Men <b>(2)</b>
11:00 am	High Jump	Midget/Youth/Junior/Senior Men <b>(6)</b>
12:30 pm	High Jump	Pee Wee Women <b>(3)</b>
1:00 pm	High Jump	Bantam Men & Women <b>(5) (2)</b>
1:00 pm	Hammer	Midget/Youth/Junior/Senior Men & Women <b>(7) (6)</b>