



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

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Athletics Manitoba Spring Open Tentative Schedule

Track

5:30 pm	1500m Steeple 2000m Steeple 3000m Steeple	Midget Men & Women Youth Men & Women/Junior/Senior Women Junior/Senior Men
6:15 pm	110mh 100mh 80mh	Men Men/Women* Men/Women*
6:45 pm	150m 150m	Pee Wee/Bantam Men Pee Wee/Bantam Women
7:00 pm	200m 200m	Midget + older Men + Special O* Midget + older Women + Special O*
7:30 pm	600m 600m	Pee Wee Men Pee Wee Women
7:45 pm	800m 800m 800m 800m	Bantam/Midget + Special O Men* Youth/Junior/Senior Men* Bantam/Midget + Special O Women* Youth/Junior/Senior Women*
8:30 pm	4x400m 4x400m	Youth/Junior/Senior/Special O Men*MHSAA Varsity only Youth/Junior/ Senior/Special O Women *MHSAA Varsity only

Field

5:30 pm	Standing Long Jump Standing Long Jump	Pee Wee/Bantam/Special O Women Pee Wee/Bantam/Special O Men
6:00 pm	Javelin	Men & Women*
6:00 pm	Pole Vault Pole Vault	Women Men
6:00 pm	Long Jump	Midget/Youth/Junior/Senior Women*
7:00 pm	Long Jump	Bantam/Special O Men & Women
8:00 pm	Long Jump	Midget/Youth/Junior/Senior Men*
7:15 pm	Discus	Women*
8:00 pm	Discus	Men



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Track

9:30 am	3000m 3000m	Youth & Older Women + Special O Men & Women Youth & Older Men
10:30 am	400m 400m	Youth/Junior/Senior/Special O Men* Youth/Junior/Senior/Special O Women*
11:00 am	80m 80m	Pee Wee/Bantam Men Pee Wee/Bantam Women
11:15 am	100m 100m	Midget/Youth/Junior/Senior/Special O Men* Midget/Youth/Junior/Senior/Special O Women*
11:45 am	200mh 300mh 400mh	Midget Men/Women Youth Men/Women Junior/Senior Men & Women
12:15 am	1200m 1200m	Bantam/Midget Men Bantam/Midget Women
12:30 pm	300m 300m	Pee Wee/Bantam/Midget Men Pee Wee/Bantam/Midget Women
12:45 pm	1500m 1500m	Youth/Junior/Senior/Special O Men*MHSAA Varsity only Youth/Junior/Senior/Special O Women*MHSAA Varsity only
1:15 pm	4x100m 4x100m	Men Women

Field

9:30 am	Long Jump	Pee Wee Men & Women
9:30 am	Shot Put	Special O Men & Women 3 attempts
10:15 am	Shot Put	Pee Wee/Bantam Men & Women 3 attempts
11:00 am	Shot Put	Midget/Youth/Junior/Senior Men*
12:00 pm	Shot Put	Midget/ Youth/Junior/Senior Women*
10:30 am	Triple Jump	Midget/Youth/Junior/Senior Women*
11:30 am	Triple Jump	Midget/Youth/Junior/Senior Men*
10:00 am	High Jump	Midget/Youth/Junior/Senior Women*
11:00 pm	High Jump	Midget/Youth/Junior/Senior Men*
12:30 pm	High Jump	Pee Wee Women/Men & Special O Men & Women
1:30 pm	High Jump	Bantam Men & Women
1:00 pm	Hammer Hammer	Midget/Youth/Junior/Senior Women Midget/Youth/Junior/Senior