



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 Pacific Ave, Winnipeg, MB R3B 2Z6 - 204-925-5744 - Fax 204-925-5792

Athletics Manitoba Indoor Last Chance Meet

December 9th and 10th, 2016

James Daly Fieldhouse, Max Bell Centre, U of Manitoba

TENTATIVE Schedule

Track Events will be run from Fastest to Slowest heats

*****Events can run up to 15mins ahead of schedule******

Friday Dec 9th - TRACK

| | | |
|---------|-------|---------------------------------------|
| 6:00 PM | 60m | Hept Men + Pee Wee & up Men to follow |
| 6:30 PM | 60m | Pee Wee & up Women |
| 7:05 PM | 1200m | Bantam & Midget Men |
| 7:10 PM | 1200m | Bantam & Midget Women |
| 7:15 PM | 400m | Youth & up Men |
| 7:30 PM | 400m | Youth & up Women |
| 7:50 PM | 300m | Bantam & Midget Men |
| 7:55 PM | 300m | Bantam & Midget Women |
| 8:05 PM | 1500m | Youth & up Men |
| 8:15 PM | 1500m | Youth & up Women |

Friday Dec 9th - FIELD

| | | |
|---------|-------------|------------------------------------|
| 6:00 PM | Pole Vault | Midget & up Women |
| 6:00 PM | Long Jump | Pee Wee/Bantam Men (outside pit) |
| 6:30 PM | Long Jump | Heptathlon Men |
| 7:00 PM | Triple Jump | Midget & up Men (inside pit) |
| 6:30 PM | Shot Put | Pee Wee & Bantam Men & Women |
| 7:00 PM | Long Jump | Pee Wee/Bantam Women (outside pit) |
| 7:00 PM | Shot Put | Midget & up Men |
| 8:00 PM | Shot Put | Heptathlon Men & Midget & Up Women |
| 8:00 PM | Triple Jump | Midget & up Women (inside pit) |
| 8:15 PM | High Jump | Heptathlon Men |



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Saturday Dec 10th - TRACK

| | | |
|----------|-------------|--------------------------|
| 10:00 AM | 60m Hurdles | Men + Heptathlon Men |
| 10:15 AM | 60m Hurdles | Women + Pentathlon Women |
| 10:30 AM | 2000m | Midget Men |
| 10:40 AM | 2000m | Midget Women |
| 10:50 AM | 3000m | Youth & Up Men |
| 11:00 AM | 3000m | Youth & Up Women |
| 11:15 AM | 150m | Pee Wee/Bantam Men |
| 11:30 AM | 150m | Pee Wee/Bantam Women |
| 11:45 AM | 200m | Midget & up Men |
| 12:15 PM | 200m | Midget & up Women |
| 12:30 PM | 1000m | Heptathlon Men |
| 12:45 PM | 600m | Pee Wee & up Men |
| 12:55 PM | 600m | Pee Wee & up Women |
| 1:30 PM | 800m | Pentathlon Women |

Saturday Dec 10th - FIELD

| | | |
|----------|--------------------|--|
| 10:00 AM | Standing Long Jump | Pee Wee/Bantam Men + Women (outside pit) |
| 10:00 AM | Long Jump | Midget Men (inside pit) |
| 10:45 AM | High Jump | Pentathlon Women & Bantam & up Women |
| 10:45 AM | Pole Vault | Heptathlon Men + Midget & Up Men |
| 11:15 AM | Long Jump | Youth & up Men (inside pit) |
| 11:45 AM | Shot Put | Pentathlon Women |
| 12:15 PM | High Jump | Bantam & up Men |
| 12:30 PM | Long Jump | Pentathlon Women & Midget & up Women |
| 12:45 PM | Weight Throw | Youth & up Women & Men |