



## TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

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

### Athletics Manitoba Spring Open

May 13th & 14th, 2016

U of Manitoba Stadium

#### FINAL Schedule

**\*Track Events will be run from Fastest to Slowest heats\***

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

#### Friday, May 13th - TRACK

6:00 PM	100m	Decathlon Men	2	
6:10 PM	1500m Steeple	Midget Men	2	
6:20 PM	1500m Steeple	Midget Women	1	
6:30 PM	2000m Steeple	Youth & Junior Women	1	
6:55 PM	110m Hurdles	Men (Youth + Masters)	1+1	
7:00 PM	100m Hurdles	Youth/Open & Heptathlon Women	3+1+1	
7:05 PM	100m Hurdles	Midget Men	1	
7:10 PM	80m Hurdes	Midget Women	1	
7:20 PM	150m	Pee Wee & Bantam Men	13	2 timed finals
7:25 PM	150m	Pee Wee & Bantam Women	17	3 timed finals
7:35 PM	200m	Midget & Up Men	42	6 timed finals
7:55 PM	200m	Midget & Up Women	45	6 timed finals
8:20 PM	600m	Pee Wee Men & Women	1+2	1 section
8:25 PM	200m	Heptathlon Women	1	
8:30 PM	800m	Bantam & Up Men	40	4 sections
8:50 PM	800m	Bantam & Up Women	25	2 sections
9:05 PM	4x400m	Men + Women	1+1	
9:10 PM	400m	Decathlon Men	2	



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5:30 PM	Long Jump	Special O Men	4
5:30 PM	Standing Long Jump	Pee Wee/Bantam Men & Women	2+2
5:30 PM	Javelin	Men & Women	4+11
6:00 PM	Long Jump	Midget & Up Women	15
6:00 PM	Pole Vault	Women & Men	2+1
6:45 PM	Discus	Women	10
7:00 PM	Long Jump	Decathlon Men	2
7:00 PM	High Jump	Heptathlon Women	1
7:30 PM	Shot Put	Decathlon Men	2
7:30 PM	Long Jump	Midget & Up Men	12
7:45 PM	Shot Put	Heptathlon Women	1
8:00 PM	Discus	Men	7
8:15 PM	High Jump	Decathlon Men	2



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#### Saturday, May 14th - TRACK

10:00 AM	110m Hurdles	Decathlon Men	2	
	100m Hurdles	Midget Pentathlon Men	2	
	80m Hurdles	Midget Pentathlon Women	1	
	80m Hurdles	Bantam Pentathlon Women	1	
10:10 AM	3000m	Youth & Up Women	4	1 section
10:25 AM	3000m	Youth & Up Men	3	1 section
10:35 AM	2000m	Midget Women	3	1 section
10:50 AM	2000m	Midget Men	4	1 section
11:00 AM	400m	Youth & Up Men	30	4 timed finals
11:15 AM	400m	Youth & Up Women	22	2 timed finals
11:30 AM	80m	Pee Wee & Bantam Men	10	2 timed finals
11:35 AM	80m	Pee Wee & Bantam Women	21	3 timed finals
11:40 AM	100m	Midget & Up Men	40	5 timed finals
11:55 AM	100m	Midget & Up Women	35	5 timed finals
<b>LUNCH BREAK</b>				
12:45 PM	200m Hurdles	Midget Men	3	1 section
12:50 PM	300m Hurdles	Youth Women	3	1 section
1:00 PM	400m Hurdles	Women	2	1 section
1:20 PM	1200m	Bantam/Midget Men	7	1 section
1:30 PM	1200m	Bantam/Midget Women	3	1 section
1:40 PM	300m	Bantam & Midget Men	9	2 timed finals
1:50 PM	300m	Bantam & Midget Women	15	2 timed finals
2:00 PM	1500m	Youth & Up Men	15	2 sections
2:15 PM	1500m	Youth & Up Women	11	1 section
2:25 PM	800m	Heptathlon Women		
2:35 PM	4x100m	Men	6	1 timed final
2:45 PM	4x100m	Women	5	1 timed final
3:15 PM	800m	Pentathlon Women	2	
3:20 PM	1000m	Pentathlon Men	2	
3:25 PM	1500m	Decathlon Men	2	



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10:00 AM	Long Jump	Pee Wee/Bantam Men & Women	7+16
10:00 AM	Shot Put	Special O Men & Women	6+1
10:00 AM	High Jump	Midget & Up Men	7
10:45 AM	Discus	Decathlon Men	2
11:15 AM	Shot Put	Pee Wee/Bantam Men & Women	2+6
11:30 AM	Long Jump	Heptathlon Women & Pentathlon Men	1+2
11:30 AM	High Jump	Pentathlon Women	2
12:00 PM	Shot Put	Midget & Up Men	9
12:00 PM	Pole Vault	Decathlon Men	2
12:15 PM	Triple Jump	Midget & Up Women	10
1:00 PM	High Jump	Pee Wee/Bantam Men & Women	1+4
1:15 PM	Javelin	Heptathlon Women	1
1:45 PM	Shot Put	Pentathlon Men	2
1:45 PM	High Jump	Midget & Up Women	4
2:00 PM	Shot Put	Midget & Up Women	11
2:00 PM	Triple Jump	Midget & Up Men	4
2:30 PM	High Jump	Pentathlon Men	2
2:45 PM	Long Jump	Pentathlon Women	2
3:00 PM	Javelin	Decathlon Men	2
3:15 PM	Hammer	Men & Women	4+3