



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 14th, 2016

U of Manitoba Stadium

FINAL Schedule - REVISED.... To One Day meet

Track Events will be run from Fastest to Slowest heats

Events can run up to 15mins ahead of schedule*

Saturday, May 14th - TRACK

9:30 AM	1500m Steeple	Midget Men	
9:40 AM	1500m Steeple	Midget Women	
9:50 AM	2000m Steeple	Youth & Junior Women	
10:00 AM	110m Hurdles	Men (Youth/Juniors/Masters)	
10:10 AM	100m Hurdles	Youth/Open Women + Midget Pent Men	
10:15 AM	80m Hurdles	Midget Pent Women + Midget Women	
	80m Hurdles	Bantam Pent Women	
10:25 AM	3000m	Youth & Up Women	1 section
10:40 AM	3000m	Youth & Up Men	1 section
10:50 AM	2000m	Midget Women	1 section
11:05 AM	2000m	Midget Men	1 section
11:15 AM	400m	Youth & Up Men	4 timed finals
11:30 AM	400m	Youth & Up Women	3 timed finals
11:45 AM	80m	Pee Wee & Bantam Men	2 timed finals
11:50 AM	80m	Pee Wee & Bantam Women	3 timed finals
11:55 AM	100m	Midget & Up Men	5 timed finals
12:10 PM	100m	Midget & Up Women	5 timed finals
	LUNCH BREAK		
12:45 PM	200m Hurdles	Midget Men	1 section
12:50 PM	300m Hurdles	Youth Women	1 section
1:00 PM	400m Hurdles	Women	1 section
1:20 PM	1200m	Bantam/Midget Men	1 section
1:30 PM	1200m	Bantam/Midget Women	1 section
1:40 PM	300m	Bantam & Midget Men	2 timed finals
1:50 PM	300m	Bantam & Midget Women	2 timed finals
2:00 PM	1500m	Youth & Up Men	2 sections
2:15 PM	1500m	Youth & Up Women	1 section
2:25 PM	4x100m	Men	1 timed final
2:35 PM	4x100m	Women	1 timed final



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Saturday Afternoon Track cont'd

3:15 PM	1000m	Pentathlon Men	
3:20 PM	150m	Pee Wee & Bantam Men	2 timed finals
3:25 PM	150m	Pee Wee & Bantam Women	3 timed finals
3:35 PM	200m	Midget & Up Men	6 timed finals
3:55 PM	200m	Midget & Up Women	6 timed finals
4:20 PM	600m	Pee Wee Men & Women	1 section
4:25 PM	800m	Pentathlon Women	
4:30 PM	800m	Bantam & Up Men	4 sections
4:50 PM	800m	Bantam & Up Women	2 sections

Saturday, May 14th - FIELD

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