



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

TENTATIVE Schedule

Track Events will be run from Fastest to Slowest heats

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

Friday, May 13th - TRACK

5:25 PM	100m	Decathlon Men
5:30 PM	1500m Steeple	Midget Men
	2000m Steeple	Youth & Junior Women
	3000m Steeple	Senior Men
6:15 PM	110mh	Men
	100mh	Men/Women and Heptathlon Women
	80mh	Men/Women
6:30 PM	150m	Pee Wee & Bantam Men
6:35 PM	150m	Pee Wee & Bantam Women
6:45 PM	200m	Midget & Up Men
7:10 PM	200m	Midget & Up Women
7:35 PM	600m	Pee Wee Men & Women
7:40 PM	800m	Youth & Up Men
7:45 PM	800m	Bantam, Midget & Special O Men
7:50 PM	800m	Youth & Up Women
7:55 PM	800m	Bantam & Midget Women
8:05 PM	4x400m	Youth & Junior Men
8:30 PM	400m	Decathlon Men
8:35 PM	200m	Heptathlon Women

Friday, May 13th - FIELD

5:30 PM	Long Jump	Special O Men & Women
5:30 PM	Standing Long Jump	Pee Wee/Bantam Men & Women
5:30 PM	Javelin	Men & Women
6:00 PM	Long Jump	Decathlon Men
6:00 PM	Pole Vault	Women
6:30 PM	Long Jump	Midget & Up Women (separate pits if necessary)
7:00 PM	Pole Vault	Men
7:00 PM	High Jump	Heptathlon Women
7:00 PM	Discus	Women
7:00 PM	Shot Put	Decathlon Men
7:30 PM	Long Jump	Midget & Up Men (separate pits if necessary)
7:45 PM	Discus	Men
7:45 PM	Shot Put	Heptathlon Women
7:45 PM	High Jump	Decathlon Men



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Saturday, May 14th - TRACK

10:00 AM	110mH	Decathlon Men
10:10 AM	3000m	Youth & Up Men
10:25 AM	2000m	Midget Men
10:35 AM	3000m	Youth & Up Women
10:50 AM	2000m	Midget Women
11:00 AM	400m	Youth & Up Men
11:10 AM	400m	Youth & Up Women
11:20 AM	80m	Pee Wee & Bantam Men
11:25 AM	80m	Pee Wee & Bantam Women
11:30 AM	100m	Midget & Up Men
11:45 AM	100m	Midget & Up Women
12:00 PM	200mh	Midget Men, Women
12:05 PM	300mh	Youth Men, Women
12:15 PM	400mh	Junior, Senior Men, Women
12:30 PM	1200m	Bantam/Midget Men
12:40 PM	1200m	Bantam/Midget Women
12:50 PM	300m	Bantam & Midget Men
1:00 PM	300m	Bantam & Midget Women
1:10 PM	1500m	Youth & Up Men
1:20 PM	1500m	Youth & Up Men
1:30 PM	4x100m	Men
1:35 PM	4x100m	Women
2:00 PM	1500m	Decathlon Men
2:15 PM	800m	Hepthalon Women



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10:00 AM	Long Jump	Pee Wee/Bantam Men & Women
10:00 AM	Shot Put	Special O Men & Women
10:30 AM	Long Jump	Hepthalon Women
10:30 AM	High Jump	Midget & Up Men
10:30 AM	Discus	Decathlon Men
10:45 AM	Shot Put	Pee Wee/Bantam Men & Women
11:30 AM	Shot Put	Midget & Up Men
11:30 AM	Triple Jump	Midget & Up Women
11:30 AM	Pole Vault	Decathlon Men
12:00 PM	High Jump	Pee Wee/Bantam Men & Women
12:45 PM	Shot Put	Midget & Up Women
1:30 PM	Triple Jump	Midget & Up Men
1:30 PM	Javelin	Decathlon Men
1:45 PM	Hammer	Youth & Up Men
1:45 PM	High Jump	Midget & Up Women
3:00 PM	Hammer	Youth & Up Women