

**2016 Power Smart Manitoba Summer Games**  
**August 7<sup>th</sup> - 10<sup>th</sup>, 2016**  
**Athletics**  
**Stonybrook Middle School Track**

**Sunday, August 7, 2016**

TIME	EVENT	CLASSIFICATION
2:00 PM	Team Practice - Winnipeg Gold & Eastman	
3:00 PM	Team Practice - Central & Westman	
4:00 PM	Team Practice - Interlake & Parkland	
5:00 PM	Team Practice - Norman & Winnipeg Blue	
5:00 PM	Coach/Manager Meeting @ Steinbach Regional Secondary School	
8:30 PM	Opening Ceremonies @ Steinbach Regional Secondary School	

**Monday, August 8, 2016**

TIME	EVENT	CLASSIFICATION
9:30 AM	Track - Medley Relay (8-2-2-8)	Midget Boys Timed Final
	Track - Medley Relay (8-2-2-8)	Midget Girls Timed Final
	Track - Medley Relay (8-2-2-8)	Bantam Boys Timed Final
	Track - Medley Relay (8-2-2-8)	Bantam Girls Timed Final
9:30 AM	Field - High Jump	Bantam Boys Final
	Field - Shot Put	Bantam Girls Final
	Field - Triple Jump	Midget Girls Final
10:30 AM	Track - 80m Hurdles	Bantam Girls Timed Final
	Track - 80m Hurdles	Bantam Boys Timed Final
	Track - 80m Hurdles	Midget Girls Timed Final
	Track - 100m Hurdles	Midget Boys Timed Final
11:00 AM	Field - High Jump	Midget Boys Final
	Field - Shot Put	Midget Girls Final
12:00 PM	Medal Presentations	
1:00 PM	<b>LUNCH</b>	
3:00 PM	Track - 150m	Bantam Girls Timed Final
	Track - 150m	Bantam Boys Timed Final
	Track - 200m	Midget Girls Timed Final
	Track - 200m	Midget Boys Timed Final
3:00 PM	Field - Long Jump	Midget Girls Final
	Field - Javelin	Midget Boys Final
	Field - Standing Long Jump	Bantam Girls Final
	Field - Discus	Bantam Boys Final
4:00 PM	4x100m	Bantam Girls Heats
	4x100m	Bantam Boys Heats
	4x100m	Midget Girls Heats
	4x100m	Midget Boys Heats
4:30 PM	Field - Long Jump	Bantam Girls Final
	Field - Ball Throw	Bantam Boys Final
	Field - Discus	Midget Girls Final
5:00 PM	8x50m Shuttle	All Ages - Timed Final
6:00 PM	Medal Presentations	

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**August 7<sup>th</sup> - 10<sup>th</sup>, 2016**  
**Athletics**  
**Stonybrook Middle School Track**

**Tuesday, August 9, 2016**

TIME	EVENT	CLASSIFICATION
9:30 AM	Track - Distance Medley (12-4-10-6)	Bantam Girls Timed Final
	Track - Distance Medley (12-4-10-6)	Bantam Boys Timed Final
	Track - Distance Medley (12-4-10-6)	Midget Girls Timed Final
	Track - Distance Medley (12-4-10-6)	Midget Boys Timed Final
9:30 AM	Field - Long Jump	Midget Boys Final
	Field - Javelin	Midget Girls Final
	Field - Standing Long Jump	Bantam Boys Final
	Field - Discus	Bantam Girls Final
10:30 AM	Track - 80m	Bantam Girls Heats
	Track - 80m	Bantam Boys Heats
	Track - 100m	Midget Girls Heats
	Track - 100m	Midget Boys Heats
11:00 AM	Field - Long Jump	Bantam Boys Final
	Field - Ball Throw	Bantam Girls Final
	Field - Discus	Midget Boys Final
12:00 PM	Medal Presentations	
1:00 PM	<b>LUNCH</b>	
3:00 PM	Track - 4x200m	Bantam Co-Ed Timed Final
	Track - 4x200m	Midget Co-Ed Timed Final
3:00 PM	Field - High Jump	Midget Girls Final
	Field - Shot Put	Midget Boys Final
3:30 PM	Track - 80m	Bantam Girls Final
	Track - 80m	Bantam Boys Final
	Track - 100m	Midget Girls Final
	Track - 100m	Midget Boys Final
4:00 PM	Track - 800m	Bantam Girls Timed Final
	Track - 800m	Bantam Boys Timed Final
	Track - 800m	Midget Girls Timed Final
	Track - 800m	Midget Boys Timed Final
4:30 PM	Field - High Jump	Bantam Girls Final
	Field - Shot Put	Bantam Boys Final
	Field - Triple Jump	Midget Boys Final
5:00 PM	Track - 4x100m	Bantam Girls Final
	Track - 4x100m	Bantam Boys Final
	Track - 4x100m	Midget Girls Final
	Track - 4x100m	Midget Boys Final
6:00 PM	Medal Presentations	

**Wednesday, August 10, 2016**

TIME	EVENT	LOCATION	CLASSIFICATION
9:30 AM	Cross Country - 2 km	Steinbach Soccer Park	Bantam Girls
	Cross Country - 2 km		Bantam Boys
10:30 AM	Cross Country - 3 km		Midget Girls
	Cross Country - 3 km		Midget Boys
11:45 AM	Medal Presentations at Steinbach Soccer Park		