



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

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

Athletics Manitoba Winter Open Meet

January 15th & 16th, 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, January 15th - TRACK

6:00 PM	60m	Pee Wee & up Men
6:30 PM	60m	Pee Wee & up Women
7:05 PM	1200m	Bantam & Midget Men
7:10 PM	1200m	Bantam & Midget Women
7:50 PM	300m	Bantam & Up Men
7:55 PM	300m	Bantam & Up Women
8:05 PM	1500m	Youth & up Men
8:15 PM	1500m	Youth & up Women
8:30 PM	4x800m	University Men & Women

Friday, January 15th - FIELD

6:00 PM	Pole Vault	Midget & up Men & Women
6:00 PM	Long Jump	Pee Wee/Bantam Men (outside pit)
6:00 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	Weight Throw	Youth & up Men
7:30 PM	Triple Jump	Midget & up Women (inside pit)
8:15 PM	Weight Throw	Youth & up Women



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Saturday, January 16th - TRACK

10:00 AM	60m Hurdles	Bantam & Up Men
10:10 AM	60m Hurdles	Bantam & Up Women
10:20 AM	2000m	Midget Men
10:30 AM	2000m	Midget Women
10:40 AM	3000m	Youth & Up Men
10:55 AM	3000m	Youth & Up Women
11:10 AM	150m	Pee Wee/Bantam Men
11:15 AM	150m	Pee Wee/Bantam Women
11:30 PM	600m	Pee Wee & up Men
12:00 PM	600m	Pee Wee & up Women
12:30 PM	4x200m	Midget & up Men & Women

Saturday, January 16th - FIELD

10:00 AM	Standing Long Jump	Pee Wee/Bantam Men (outside pit)
10:30 AM	High Jump	Bantam & up Women
10:30 AM	Long Jump	Junior, Senior Men
11:15 AM	Standing Long Jump	Pee Wee/Bantam Women (outside pit)
11:35 AM	Shot Put	Men
11:40 AM	Long Jump	Midget & Youth Men
12:45 PM	Shot Put	Women
12:45 PM	High Jump	Bantam & up Men
1:00 PM	Long Jump	Midget & up Women