



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 10th & 11th, 2019

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 10th - TRACK

6:00 PM	1500m Steeple	Women	3
6:10 PM	2000m Steeple	Women	3
6:25 PM	2000m Steeple	Men	1
6:40 PM	3000m Steeple	Men	2
7:00 PM	110m Hurdles	U18 & U20 Men	2+1
7:10 PM	100m Hurdles	U18 & Open Women	2+1
7:05 PM	80m Hurdes	U16 Women	1
7:15 PM	150m	U12 & U14 Men	11
7:25 PM	150m	U12 & U14 Women	15
7:35 PM	200m	U16 & Up Men + Wheelchair	28+1
7:50 PM	200m	U16 & Up Women + Wheelchair	29+1
8:10 PM	600m	U12 Men & Women	3+4
8:20 PM	800m	U14 & Up Men	30
8:35 PM	800m	U14 & Up Women	15

Friday, May 10th - FIELD

5:30 PM	Standing Long Jump	U12/U14 Men & Women	8+12
6:00 PM	Javelin	Men & Women	5+1
6:00 PM	Pole Vault	Women & Men	1 + 2
6:30 PM	Long Jump	U16 & Up Women	9
6:30 PM	Ball Throw	U12/U14 Men & Women	5+4
7:00 PM	Discus	Women	5
7:45 PM	Long Jump	U16 & Up Men	14
8:00 PM	Discus	Men	4



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Saturday, May 11th - TRACK

10:00 AM	3000m	U18 & Up Men	2
10:15 AM	3000m	U18 & Up Women	2
10:30 AM	2000m	Midget Women	2
10:40 AM	400m	U18 & Up Men	22
10:50 AM	400m	U18 & Up Women	6
11:05 AM	80m	U12 & U14 Men	11
11:10 AM	80m	U12 & U14 Women	17
11:20 AM	100m	U16 & Up Men & Wheelchair	33+1
11:45 AM	100m	U16 & Up Women & Wheelchair	25+1
LUNCH BREAK			
12:45 PM	400m Hurdles	Open Women	1
12:50 PM	400m Hurdles	U18 & Up Men	3
12:55 PM	1200m	U14 & U16 Men	10
1:00 PM	1200m	U14 & U16 Women	9
1:15 PM	300m	U14 & U16 Men	2
1:20 PM	300m	U14 & U16 Women	18
1:30 PM	1500m	U18 & Up Men	11
1:45 PM	1500m	U18 & Up Women	2
2:00 PM	4x100m	Men	2
2:10 PM	4x100m	Women	6

Saturday, May 11th - FIELD

10:00 AM	Long Jump	U12 & U14 Women	17
10:30 AM	High Jump	U16 & Up Men	6
10:30 AM	Shot Put	U12 & U14 Men & Women	2 + 7
11:30 AM	Long Jump	U12 & U14 Men	13
11:30 AM	Shot Put	U16 & Up Men	3+1+1+1
1:00 PM	Triple Jump	U16 & Up Women	4
12:30 PM	High Jump	U12 & U14 Men & Women	1 + 2
1:00 PM	Shot Put	U16 & Up Women	2+3
1:45 PM	High Jump	U16 & Up Women	5
2:00 PM	Triple Jump	U16 & Up Men	4
2:00 PM	Hammer	Men & Women	1 + 1