



## TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

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

### Manitoba Age Class Championships

June 21st & 22nd, 2019

U of Manitoba Stadium

#### FINAL Schedule

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

#### Friday, June 21st - TRACK

6:00 PM	100m Heats	U16 Men	14
6:05 PM	100m Heats	U16 Women	13
6:10 PM	100m Final	U18 Men	8
6:15 PM	100m Heats	U18 Women	9
6:20 PM	100m Final	U20 Men	8
6:25 PM	100m Heats	Senior Men & Wheelchair	12 + 1
6:30 PM	100m Final	U20 & Senior Women	2 + 5
6:35 PM	100m Final	Masters Men	2
6:40 PM	100m Final	Masters Women	4
6:50 PM	80m Heats	U12 Men	16
6:55 PM	80m Heats	U12 Women	11
7:00 PM	80m Heats	U14 Men	15
7:05 PM	80m Heats	U14 Women	16
7:15 PM	1500m Timed Finals	U18 & Older Men	9+2+2+1
7:25 PM	1500m Timed Finals	U18 & Older Women	4+2+1
7:35 PM	300m Timed Finals	U14 Men	4
7:40 PM	300m Timed Finals	U14 Women	5
7:45 PM	300m Timed Finals	U16 Men	7
7:50 PM	300m Timed Finals	U16 Women	13
8:00 PM	1200m Timed Finals	U14/U16 Men	6+6
8:05 PM	1200m Timed Finals	U14 Women	6
8:10 PM	1200m Timed Finals	U16 Women	11
8:20 PM	80m Final	U12 Men	8
	80m Final	U12 Women	8
8:25 PM	80m Final	U14 Men	8
	80m Final	U14 Women	8
8:30 PM	100m Final	U16 Men	8
	100m Final	U16 Women	8
8:35 PM	100m Final	U18 Women	8
	100m Final	Senior Men	8
	100m Final	Wheelchair Men	1



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8:45 PM	400m Timed Finals	U18 & Master Men	13+2
8:55 PM	400m Timed Finals	U20 & Senior Men	4+4
9:00 PM	400m Timed Finals	U18 Women	9
9:05 PM	400m Timed Finals	U20 & Senior Women	2+2

#### FINAL Schedule

##### Friday, June 21st - FIELD

5:30 PM	Shot Put (infield)	U12/U14 Men & Women- <b>3 Attempts</b>	4+2/3+9
6:00 PM	Pole Vault	Senior Men & Women	2 + 2
6:00 PM	Discus	U16 & Older Men	5+2+1+2+4
6:45 PM	Shot Put (infield)	U16 & Older Women	5+5+3+5+3
6:00 PM	Triple Jump	U16 & Older Men	2+6+2
7:00 PM	Standing Long Jump	U12/U14 Men - <b>3 Attempts</b>	8+4
7:00 PM	Standing Long Jump	U12/U14 Women - <b>3 Attempts</b>	8+10
7:30 PM	Triple Jump	U16 & Older Women	7+5+3+2
8:00 PM	Discus	U16 & Older Women	4+5+3+5
8:15 PM	Shot Put (infield)	U16 & Older Men	5+4+1+3+2



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#### Saturday, June 22nd - MORNING TRACK

9:30 AM	<b>Event #1</b> 80mh	Pentathlon Women (U16)	1
	80mh Timed Finals	U16 Women	8
9:35 AM	100mh Timed Final	U16 Men	4
9:40 AM	100mh Timed Final	U18 Women	7
	100mh Timed Final	U20 Women	1
	100mh Timed Final	Senior Women	2
9:50 AM	110mh Timed Final	U18 Men	3
	110mh Timed Final	U20, Senior, Master Men	2+1+1
10:00 AM	50m Timed Final	Masters Invitational	1
10:10 AM	3000m Timed Final	U18 Men	2
10:25 AM	3000m Timed Final	U18, U20, Master Women	1+1+2
10:40 AM	200m Heats	U16 Men	12
10:45 AM	200m Heats	U16 Women	18
10:50 AM	200m Heats	U18 Men	13
10:55 AM	200m Heats	U18 Women	13
11:00 AM	200m Final	U20 Men	8
11:05 AM	200m Final	U20, Master Women	2+2
11:10 AM	200m Heats	Senior Women	9
11:15 AM	200m Heats	Senior Men	9
11:20 AM	200m Final	Master Men	5
11:30 AM	600m Timed Final	U12 Men	7
11:35 AM	600m Timed Final	U12 Women	8
11:45 AM	1500m Steeplechase	U16 Women	4
11:55 AM	2000m Steeplechase	U18 Women	1
12:05 PM	2000m Steeplechase	U18 Men	1
12:15 PM	3000m Steeplechase	U20 & Older Men	1+2+1

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#### Saturday, June 22nd - AFTERNOON TRACK

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

1:15 PM	4x100 Relays	All Men & Women	4+7
1:30 PM	200mh Timed Final	U16 Men & Women	2+1
1:40 PM	400mh Timed Final	U18 & U20 Men	3+4
1:50 PM	400mh Timed Final	U18, U20 & Senior Women	1+5+1
2:00 PM	<b>Event #5</b> 800m	Pentathlon Women (U16)	1
2:15 PM	150m Timed Final	U12 Men	7
	150m Timed Final	U12 Women	15
2:20 PM	150m Timed Final	U14 Men	9
	150m Timed Final	U14 Women	9
2:30 PM	200m Finals	U16 Men	8
	200m Finals	U16 Women	8
2:35 PM	200m Finals	U18 Men	8
	200m Finals	U18 Women	8
2:40 PM	200m Finals	Senior Men	8
	200m Finals	Senior Women	8
2:50 PM	800m Timed Finals	U14 Men	6
2:55 PM	800m Timed Finals	U14 Women	4
3:00 PM	800m Timed Finals	U16 Men	5
3:05 PM	800m Timed Finals	U16 Women	12
3:15 PM	800m Timed Finals	U18 Men	11
3:25 PM	800m Timed Finals	U20, Senior, Master Men	3+7+1
3:30 PM	800m Timed Finals	U18, U20 & Senior Women	6+2+2+1
3:40 PM	2000m Timed Final	U14 & U16 Men	2+3
3:50 PM	2000m Timed Final	U14 & U16 Women	3+3
4:00 PM	4x400m Relays	All Men & Women	1+2



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#### Saturday, June 23rd - FIELD

9:30 AM	Ball Throw	U12 & U14 Women- <b>3 Attempts</b>	5+3
9:30 AM	Long Jump	U12 & U14 Men <b>3 Attempts</b>	12+10
9:45 AM	<b>Event #2</b> High Jump	Pentathlon Women U16	1
10:00 AM	High Jump	U12 Women	6
10:00 AM	Ball Throw	U12 & U14 Men- <b>3 Attempts</b>	5+2
10:45 AM	Long Jump	U12 & U14 Women <b>3 Attempts</b>	11+10
10:45 AM	<b>Event #3</b> Shot Put	Pentathlon Women U16	1
10:45 AM	Javelin	U16 & Older Women	2+3+1+3
11:00 AM	High Jump	U12 & U14 Men	4+4
12:00 PM	<b>Event #4</b> Long Jump	Pentathlon Women <b>3 Attempts</b>	1
<b><u>LUNCH</u></b>			
1:00 PM	Long Jump	U16 Women	13
1:00 PM	Javelin	U14 & Older Men	1+3+4+4+1
1:00 PM	High Jump	U16 & Older Men	3+7+2+2
2:15 PM	Long Jump	U18 & Older Women	5+4+3
2:30 PM	High Jump	U16 & Older Women	7+2+2+1
2:30 PM	Hammer	All Men & Women	5+8
3:30 PM	Long Jump	U16 & Older Men	6+7+4+4