

GO Classic/WCSG Trials
July 5th & 6th, 2019
University of Manitoba Stadium

FINAL Schedule

Friday, July 5th - TRACK

6:00 PM	100mH	WCSG Heptathlon Women	1
6:05 PM	100m	WCSG Decathlon Men	1
6:05 PM	100m Timed Finals	U16 & Older Men	26
6:25 PM	100m Timed Finals	U16 & Older Women	22
6:40 PM	80m Final	U12 & U14 Women	7
6:45 PM	80m Final	U12 & U14 Men	8
7:00 PM	1500m Timed Final	WCSG + Open Women	5+4
7:10 PM	1500m Timed Final	WCSG + Open Men	2+8
7:20 PM	300m Timed Finals	U14 & U16 Women	11
7:30 PM	300m Timed Finals	U14 & U16 Men	7
7:40 PM	1200m Final	Open Women	8
7:50 PM	1200m Final	Open Men	5
8:05 PM	100m Final	WCSG Women	5
8:10 PM	100m Final	WCSG Men	6
8:15 PM	200m	WCSG Heptathlon Women	1
8:20 PM	400m Timed Final	Open Women	8
8:25 PM	400m Final	WCSG Women	1
8:30 PM	400m Final	WCSG Men	5
8:40 PM	400m Timed Finals	Open Men	16
9:00 PM	400m	WCSG Decathlon Men	1

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Friday, July 5th - FIELD

5:30 PM	Shot Put (infield)	U12, U14 & Special O Men & Women	12
6:00 PM	Pole Vault	WCSG + Open Men & Women	1+4
6:00 PM	Triple Jump	WCSG + Open Men	4+6
6:30 PM	Discus	WCSG + Open Men	1+6
6:30 PM	Long Jump	WCSG Decathlon Men	1
6:30 PM	High Jump	WCSG Heptathlon Women	1
6:45 PM	Shot Put (infield)	WCSG + U16 & Older Women	4+5+2
7:30 PM	Triple Jump	WCSG + Open Women	4+7
7:30 PM	Shot Put	WCSG Decathlon Men	1
7:30 PM	Shot Put	WCSG Heptathlon Women	1
8:00 PM	Discus	WCSG + Open Women	4+11
8:15 PM	Shot Put (infield)	WCSG + U16 & Older Men	3+1+3
8:15 PM	High Jump	WCSG Decathlon Men	1
ASAP	Hammer	Invitational Women	5

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Saturday, July 6th - TRACK

10:00 AM	80mH Final	U14 & U16 Women	3
10:10 AM	100mH Final	U18 Women	3
10:10 AM	100mH Final	WCSG Women	2
10:10 AM	100mH Final	Open Women	1
10:20 AM	100mH Final	U16 Men	1
10:25 AM	110mH Final	WCSG Decathlon Men	1
10:25 AM	110mH Final	WCSG Men	1
10:25 AM	110mH Final	Open Men	3
10:35 AM	3000m Final	WCSG/Open Women	0+1
10:50 AM	3000m Final	WCSG/Open Men	3+0
11:05 AM	200m Timed Finals	Open Women	29
11:20 AM	200m Timed Finals	Open Men	28
11:35 AM	150m Final	U12 & U14 Women	5
11:40 AM	150m Final	U12 & U14 Men	7
	<u>LUNCH</u>		
1:00 PM	200mH Final	U14 & U16 Men	2
1:10 PM	400mH Final	Open Women	6
1:10 PM	400mH Final	WCSG Women	1
1:20 PM	400mH Final	WCSG Men	2
1:20 PM	400mH Final	Open Men	1
1:30 PM	800m	WCSG Heptathlon Women	1
1:40 PM	600m Final	Open Women	3
1:45 PM	600m Final	Open Men	2
	Ice Break on Track		
2:10 PM	200m Final	WCSG Women	4
2:15 PM	200m Final	WCSG Men	6
2:25 PM	1500m Final	WCSG Decathlon Men	1
2:35 PM	800m Final	WCSG/Open Women	4+9
2:45 PM	800m Timed Finals	WCSG/Open Men	2+23
2:55 PM	2000m Final	U16 Women	3
3:10 PM	4x100m	Open Women & Men	3
3:20 PM	4x400m	Open Women & Men	2

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Saturday, July 6th - FIELD

FIELD

9:30 AM	Ball Throw	U12 & U14 Men & Women	3 + 1
9:30 AM	Long Jump	U12, U14 & U16 Men	13
10:00 AM	High Jump	U12, U14 & U16 Women	3
10:45 AM	Long Jump	WCSG + U18 & Older Women	6+7
10:45 AM	Long Jump	WCSG Heptathlon Women	1
10:45 AM	Javelin	WCSG + U14 & Older Women	3+4
11:00 AM	Discus	WCSG Decathlon Men	1
11:00 AM	High Jump	WCSG + U18 Older Men	5+6
11:30 AM	Javelin	WCSG Heptathlon Women	1
11:40 AM	Pole Vault	WCSG Decathlon Men	1

LUNCH

1:00 PM	Long Jump	U12, U14 & U16 Women	10
1:00 PM	Javelin	WCSG + U14 & Older Men	2+10
1:00 PM	High Jump	U12, U14 & U16 Men	2
1:30 PM	Javelin	WCSG Decathlon Men	1
2:30 PM	Long Jump	WCSG + U18 & Older Men	3+11
2:30 PM	High Jump	WCSG + U18 & Older Women	4+3
2:30 PM	Hammer	All Men & Women	6m+7w