



## TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

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

### Athletics Manitoba Summer Challenge

August 11th, 12th and 14th

U of Manitoba Stadium

#### FINAL Schedule

**\*Track Events will be run from Fastest to Slowest heats\***

#### Wednesday, August 11th - TRACK

6:00 PM	110m Hurdles	U20 & Up Men	1+1	
6:05 PM	100m Hurdles	U18 & Up Women	1	
6:15 PM	150m	U12 & U14 Men	2	1 section
	150m	U12 & U14 Women	7	1 section
6:25 PM	200m	U16 & Up Men	22	3 sections
6:35 PM	200m	U16 & Up Women	22	3 sections
6:45 PM	600m	U12 Women	1	
7:00 PM	800m	U14/U16/U18/U20 Men	11	
7:05 PM	800m	Open & Masters Men	5	
7:10 PM	800m	U14 & Up Women	9	
7:25 PM	2000m Steeple	U18 & U20 Women	2	
7:30 PM	2000m Steeple	Masters Men	1	
7:50 PM	4x400m	U18 & Up Men & Women	2+1	



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#### Thursday, August 12th - FIELD

6:00 PM	Long Jump	U12/U14 Men & Women	2+5
	Javelin	Men & Women	3+1
7:00 PM	Long Jump	U16 & Up Men	5
	Ball Throw	U12/U14 Men & Women	1+1
8:00 PM	Long Jump	U16 & Up Women	11
	Discus	Men + Women	3+1



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#### Saturday, August 14th - TRACK

10:00 AM	3000m	U18 & Up Men	3	
10:20 AM	3000m	U18 & Up Women	3	
11:00 AM	80m	U12 & U14 Men	1	
	80m	U12 & U14 Women	6	
11:10 AM	100m	U16 & Up Men	16	2 sections
11:20 AM	100m	U16 & Up Women	19	3 sections
11:40 AM	400m	U18 & Up Men	10	2 sections
11:50 AM	400m	U18 & Up Women	11	2 sections

#### LUNCH BREAK

12:45 PM	400m Hurdles	U18 & Up Men	1	
12:55 PM	1200m	U14 & U16 Men	2	
	1200m	U14 & U16 Women	2	
1:05 PM	300m	U14 & U16 Men	4	
1:10 PM	300m	U14 & U16 Women	4	
1:15 PM	1500m	U18 & Up Men	7	
1:25 PM	1500m	U18 & Up Women	3	
1:45 PM	4x100m	Men & Women	2+2	



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#### Saturday, August 14th - FIELD

10:00 AM	Shot Put	U12 & Up Men	4
	Triple Jump	U16 & Up Men	3
11:00 AM	Shot Put	U12 & Up Women	4
	Triple Jump	U16 & Up Women	3
12:00 PM	High Jump	U16 & Up Men	2
	Hammer	Men & Women	2+1
1:00 PM	High Jump	U12 & Up Women	5