



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 13th & 14th 2022

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******

<u>Friday, May 13th - TRACK</u>			<u>Heats</u>	<u>Entries</u>
6:05 PM	110m Hurdles	U18+ Men	1	1
6:10 PM	100m Hurdles	U18+ & Heptathlon Women	1	1+1
6:15 PM	100m Hurdles	U16 Men	1	2
6:20 PM	80m Hurdes	U14/U16 Women	1	9
6:25 PM	80m Hurdles	U14 Men	1	5
6:40 PM	2000m Steeple	U20 Women	1	2
	2000m Steeple	Masters Men	1	1
7:05 PM	150m	U12/U14 Men	2	14
7:15 PM	150m	U12/U14 Women	3	18
7:25 PM	200m	U16+ Men	6	42
7:40 PM	200m	U16+ Women	8	61
7:55 PM	600m	U12 Men + Women	2	6+6
8:05 PM	800m	U16+ Men	2	24
8:15 PM	800m	U16+ Women	2	19
8:25 PM	4x400m	Men + Women	2	2+2
8:45 PM	200m	Heptathlon Women	1	1

<u>Friday, May 13th - FIELD</u>			<u>Heats</u>	<u>Entries</u>
5:30 PM	Standing Long Jump	U12/U14 Men & Women	1	1+7
5:45 PM	Javelin	Men & Women	2	10+6
6:00 PM	High Jump	U16+ Women	1	12
6:30 PM	Ball Throw	U12/U14 Men & Women	2	9+15
6:30 PM	Triple Jump	U16+ Men	1	2
6:45 PM	Discus	Women	1	4
6:45 PM	High Jump	Heptathlon Women	1	1
7:15 PM	Triple Jump	U16+ Women	1	5
7:30 PM	Shot Put	Heptathlon Women	1	1
8:00 PM	Discus	Men	1	12



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 13th & 14th 2022

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******

<u>Saturday, May 14th - TRACK</u>			<u>Heats</u>	<u>Entries</u>
10:15 AM	3000m	U18+ Men	1	3
10:25 AM	2000m	U16 Women	1	2
10:40 AM	400m	U18+ Men	3	18
10:50 AM	400m	U18+ Women	1	3
11:00 AM	80m	U12/U14 Men	3	21
11:10 AM	80m	U12/U14 Women	4	30
11:30 AM	100m	U16+ Men	5	40
11:50 AM	100m	U16+ Women	7	51
LUNCH BREAK				
1:00 PM	200m Hurdles	U16 Women	1	1
1:10 PM	1200m	U14/U16 Men	1	3
1:20 PM	1200m	U14/U16 Women	1	12
1:35 PM	300m	U14/U16 Men	2	15
1:45 PM	300m	U14/U16 Women	2	13
1:55 PM	1500m	U18+ Men	2	16
2:10 PM	1500m	U18+ Women	1	5
2:20 PM	4x100m	Women	2	11
2:30 PM	4x100m	Men	1	6
2:35 PM	800m	Heptathlon Women	1	1



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

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

<u>Saturday, May 14th - FIELD</u>			<u>Heats</u>	<u>Entries</u>
10:00 AM	Long Jump	U12/U14 Men & Wome	2	15+20
10:00 AM	High Jump	U16+ Men	1	5
10:30 AM	Shot Put	U12/U14 Men & Wome	1	7+9
11:15 AM	Long Jump	Heptathlon Women	1	1
11:15 AM	Shot Put	U16+ Men	1	13
12:30 PM	Long Jump	U16+ Women	2	22
1:15 PM	Javelin	Heptathlon Women	1	1
1:30 PM	Pole Vault	Women & Men	1	1+4
1:30 PM	High Jump	U12/U14 Men & Wome	2	4+11
1:45 PM	Long Jump	U16+ Men	2	19
2:00 PM	Shot Put	U16+ Women	1	7
2:30 PM	Hammer	Men & Women	1	2+0