

2022 Tough Track Open

Date: Saturday, May 28, 2022

Sanction: Athletics Manitoba

Host : **Tough Track Club**

Venue: University of Manitoba Stadium

Entries: **1)** All participants must be a member of Athletics Manitoba, or Provincial Association recognized by Athletics Canada

2) Entry Fees

\$10 .00 per individual event

\$15.00 for relays

**** All entries must be paid for online ****

3) Entry Deadline: Tuesday May 24 2022 by 11:59pm

Please ensure that your entries are in on time. It will allow us to get the schedule out as soon as possible.

4) Entries must be done online using TrackieReg.com. The link to the online registration will be posted on the Athletics Manitoba website : <http://athleticsmanitoba.com>

5) NO late entries will be accepted

6) Seeded sections – Please submit **accurate seed performances**

7) All Relay Team members must be from the Same Club or School

AGE CLASSES FOR 2022:

U12: BORN IN 2011 or Later

U14: BORN IN 2009 & 2010

U16: BORN IN 2007 & 2008

U18: BORN IN 2005 & 2006

U20: BORN IN 2003 & 2004

SENIOR: BORN IN 2002 & EARLIER

MASTERS: BORN IN 1987 & EARLIER

2022 Tough Track Open

TENTATIVE SCHEDULE
EVENTS MAY RUN UP TO 10 MINUTES AHEAD OF SCHEDULE

***** The Final Schedule will be produced as soon as possible once all entries are received***

Saturday, May 28, 2022

TRACK

9:00 am	2000m Final (U14 & U16 Women)
9:15 am	2000m Final (U14 & U16 Women)
9:30 am	3000m Final (U18 & Older Women)
9:50 am	3000m Final (U18 & Older Men)
10:10 am	300m Final (U14 & U16 Women)
10:15 am	300m Final (U14 & U16 Men)
10:30 am	400m Final (U18 & Older Women)
10:45 am	400m Final (U18 & Older Men)
11:00 am	80m Final (U12 & U14 Women)
11:15 am	80m Final (U12 & U14 Men)
11:30 am	100m Final (U16 & Older Women)
11:45 am	100m Final (U16 & Older Men)
12:00 pm	600m (U12 Men & Women)
12:15 pm	800m (U14 & Older Men & Women)

Lunch Break

1:00 pm	80m Hurdles (U14 & U16 Women)
1:05 pm	80m Hurdles (U14 Men)
1:10 pm	100m Hurdles (U18 & Older Women)
1:15 pm	100m Hurdles (U16 & U18 Men)
1:20 pm	110m Hurdles (U20 & Older Men)
1:30 pm	150m (U12 & U14 Men & Women)
1:45 pm	200m (U16 & Older Men & Women)
2:15pm	1200m Final (U14 & U16 Women)
2:30pm	1200m Final (U14 & U16 Men)
2:45 pm	1500m Final (U18 & Older Women)
3:00 pm	1500m Final (U18 & Older Men)
3:20 pm	4 x 100m Final (Women)
3:30 pm	4 x 100m Final (Men)

2022 Tough Track Open

FIELD

9:00 am	Shot Put (U12 & U14 Women & Men)
9:30 am	Pole Vault (Men)
9:30 am	Standing Long Jump (U12 & U14 Men & Women)
10:00 am	Shot Put (U16 & Older Women)
10:15 am	Women's Long Jump (All Women)
10:30 am	Ball Throw (U12 & U14 Men & Women)
11:30 am	Triple Jump (U16 & Older Men)
11:00 am	Pole Vault (Women)
11:15 am	Shot Put (U16 & Older Men)

Lunch Break

12:45 pm	Discus (Women)
1:15 pm	Triple Jump (U16 & Older Women)
1:30 pm	High jump (All Men)
2:00 pm	Discus (Men)
2:30 pm	Long Jump (All Men)
2:45 pm	High Jump (All Women)