

# Manitoba Age Class Championships

July 7th & 8th, 2023

Selkirk Outdoor Track

## TENT Schedule

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

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

### Friday, July 7th, Track

6:00 PM	<b>Event #1</b> 100m	Decathlon Men
	<b>Event #1</b> 100mH	Heptathlon Women
6:10 PM	100m Heats	U16 Men
	100m Heats	U16 Women
	100m Heats	U18 & Older Men
	100m Heats	Masters Men
	100m Heats	U18 & Older Women
	100m Heats	Masters Women
6:50 PM	80m Timed Finals	U12/U14 Men
6:20 PM	80m Timed Finals	U12/U14 Women
7:10 PM	1500m Steeplechase	U16 Women
6:40 PM	1500m Steeplechase	U16 Men
6:50PM	2000m Steeplechase	U18 & U20 Women
7:00 PM	2000m Steeplechase	U18/Masters Men
7:10 PM	3000m Steeplechase	Open Women
	3000m Steeplechase	U20/Open Men
7:50 PM	100m Finals	U16 Men
	100m Finals	U18 Men
	100m Finals	U20 Men
	100m Finals	Open Men
	100m Finals	Master Men
	100m Finals	U16 Women
	100m Finals	U18 Women
	100m Finals	U20 Women
	100m Finals	Open Women
	100m Finals	Masters Women
8:20PM	1200m Timed Finals	U14/U16 Men
	1200m Timed Finals	U14/U16 Women
8:40 PM	<b>Event #4</b> 200m	Heptathlon Women

8:45 PM	1500m Timed Finals	U18 & Older Men
	1500m Timed Finals	U18 & Older Women
9:00 PM	300m Timed Finals	U14/U16 Men
	300m Timed Finals	U14/U16 Women
9:10 PM	400m Timed Finals	U18 & Older Men
	400m Timed Finals	U18 & Older Women
	<b>Event #5</b> 400m	Decathlon Men

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#### Friday, July 7th, Field

6:00 PM	Shot Put	U12 Men & Women- 4 Attempts
	Shot Put	U14 Men & Women- 4 Attempts
6:00 PM	<b>Event #2</b> Long Jump	Decathlon Men- <b>3 Attempts</b>
6:00 PM	<b>Event #2</b> High Jump	Heptathlon Women
6:00 PM	Discus	U14 & Older Men
6:30 PM	Shot Put	U16 & Older Women
6:30 PM	Standing Long Jump	U12 Men & Women- 4 Attempts
	Standing Long Jump	U14 Men & Women- 4 Attempts
7:00 PM	Pole Vault	U16 & Older Women
7:15 PM	<b>Event #3</b> Shot Put	Decathlon Men- <b>3 Attempts</b>
7:15 PM	<b>Event #3</b> Shot Put	Heptathlon Women- <b>3 attempts</b>
7:30 PM	Triple Jump	U16 & Older Men
8:00 PM	Shot Put	U16 & Older Men
8:00 PM	<b>Event #4</b> High Jump	Decathlon Men
8:30 PM	Discus	U14 & Older Women
8:30 PM	Triple Jump	U16 & Older Women

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### Saturday, July 8th, Track

10:00 AM	80mH Timed Finals	U14 Men
	80mH Timed Finals	U14 Women
	80mH Timed Finals	U16 Women
	100mh Timed Final	U16 Men
	100mh Timed Final	U18 & Older Women
	110mh Timed Final	U18 & Older Men
	<b>Event #6</b> 110mh	Decathlon Men
10:30 AM	3000m Timed Final	U18 & Older Men
	3000m Timed Final	U18 & Older Women
10:50 AM	150m Timed Final	U12 & U14 Men
	150m Timed Final	U12 & U14 Women
11:15 AM	200m Heats	U16 Men
	200m Heats	U16 Women
	200m Heats	U18 Men
	200m Heats	U20 Men
	200m Heats	Open Men
	200m Heats	Masters Men
	200m Heats	U18 Women
	200m Heats	U20 Women
	200m Heats	Open Women
	200m Heats	Masters Women
11:45 AM	600m Timed Final	U12 Men & Women
	<b>Event #7</b> 800m	Heptathlon Women
12:00 PM	Mile	Masters

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### Saturday Afternoon, July 8th, Track

1:00 PM	200mH Timed Final	U16 Men & Women
	400mH Timed Final	U20 and Older Men
	400mH Timed Final	U20 and Older Women
1:25 PM	4x100 Relays	All Men & Women
1:45 PM	<b>Event #10</b> 1500m	Decathlon Men
1:55 PM	200m Finals	U16 Men
	200m Finals	U18 Men
	200m Finals	U20 Men
	200m Finals	Open Men
	200m Finals	Masters Men
2:15 PM	200m Finals	U16 Women
	200m Finals	U18 Women
	200m Finals	U20 Women
	200m Finals	Open Women
	200m Finals	Masters Women
2:30 PM	800m Timed Finals	U14 & U16 Men
	800m Timed Finals	U14 & U16 Women
	800m Timed Finals	U18 & Up Men
	800m Timed Finals	U18 & Up Women
3:25 PM	2000m Timed Final	U14 & U16 Men
	2000m Timed Final	U14 & U16 Women
3:45 PM	4x400m Relays	All Men & Women

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### Saturday Morning, July 8th, Field

9:15 AM	Ball Throw	U12 Men & Women-4 Attempts
	Ball Throw	U14 Men & Women-4 Attempts
9:15 AM	<b>Event #5</b> Long Jump	Heptathlon Women <b>3 Attempts</b>
9:15 AM	High Jump	U12 Women
10:00 AM	Long Jump	U12 & U14 Men - 4 Attempts
10:45 AM	<b>Event #6</b> Javelin	Heptathlon Women <b>3 Attempts</b>
10:45 AM	<b>Event #7</b> Discus	Decathlon Men-3 Attempts
11:00 AM	Long Jump	U16 Women
11:15 AM	High Jump	U14 Women
11:15 AM	Javelin	U16 & Older Women
12:00 PM	<b>Event #8</b> Pole Vault	U16 & Older Men & Decathlon Men
12:15 PM	Long Jump	U18/U20 Women & Open Women
12:30 PM	Javelin	U16 & Older Men

### Saturday Afternoon, July 8th, Field

1:30 PM	High Jump	U16 & Older Men
1:30 PM	Long Jump	U12 Women - 4 Attempts
1:30 PM	<b>Event #9</b> Javelin	Decathlon Men-3 Attempts
2:15 PM	Long Jump	U14 Women - 4 Attempts
2:30 PM	High Jump	U12 & U14 Men
3:15 PM	Long Jump	U16 & Older Men
3:30 PM	High Jump	U16 & Older Women
4:30 PM	Hammer	All Men & Women

**\*\*NOTE - Hammer COULD be hosted at U of M \*\***



