

Manitoba Age Class Championships

July 7th & 8th, 2023

Selkirk Outdoor Track

FINAL Schedule

Events can run up to 15mins ahead of schedule*

Friday, July 7th, Track

			<u>Entries</u>	<u>Heats</u>
6:00 PM	Event #1 100mH	Heptathlon Women	4	1
6:05 PM	100m Heats	U16 Men	14	2
6:10 PM	100m Heats	U18 Men	16	2
6:15 PM	100m FINAL	U20 Men	5	1
6:17 PM	100m Heats	Open Men	10	2
6:21 PM	100m FINAL	Masters Men	3	1
6:23 PM	100m Heats	U16 Women	24	3
6:29 PM	100m Heats	U18 Women	12	2
6:32 PM	100m FINAL	U20 Women	2	1
	100m FINAL	Open Women	6	
	100m FINAL	Masters Women	1	
6:35 PM	80m Timed Finals	U12 Men	14	2
6:40 PM	80m Timed Finals	U14 Men	6	1
6:43 PM	80m Timed Finals	U12 Women	19	3
6:50 PM	80m Timed Finals	U14 Women	19	3
7:00 PM	1500m Timed Finals	U18 Men	9	1
7:06 PM	1500m Timed Finals	U20 & Older Men	5+1+2	1
7:15 PM	1500m Timed Finals	U18 & Older Women	6+3+1	1
7:25 PM	2000m Steeplechase	U18 Women	1	1
	2000m Steeplechase	Masters Men	2	
	2000m Steeplechase	U18 Men	2	1
7:50 PM	100m Finals	U16 Men		
7:52 PM	100m Finals	U18 Men		
7:54 PM	100m Finals	Open Men		
7:56 PM	100m Finals	U16 Women		
7:58 PM	100m Finals	U18 Women		
8:05 PM	Event #4 200m	Heptathlon Women	4	
8:10 PM	300m Timed Finals	U14 Men	3	1
	300m Timed Finals	U16 Men	10	2
8:20 PM	300m Timed Finals	U14 Women	7	1
	300m Timed Finals	U16 Women	20	3
8:30 PM	1200m Timed Finals	U14/U16 Men	1+4	1
8:35 PM	1200m Timed Finals	U14 Women	5	1

8:40 PM	1200m Timed Finals	U16 Women	8	1
8:45 PM	400m Timed Finals	U18 & Older Men	12	2
8:55 PM	400m Timed Finals	U20 & Open Men	4+2	1
9:00 PM	400m Timed Finals	Masters Men	4+1	1
9:05 PM	400m Timed Finals	U18 & Older Women	11+1	2

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Friday, July 7th, Field

			<u>Entries</u>
6:00 PM	Shot Put - Circle 2	U12 Men & Women- 4 Attempts	4+3
	Shot Put - Circle 2	U14 Men & Women- 4 Attempts	2+2
6:00 PM	Shot Put - Circle 1	U16 & Older Women	9+3+4+1
6:00 PM	Triple Jump	U16 Women	13
6:00 PM	Discus	U16 & Older Men	3+5+1+4+1
6:15 PM	Event #2 High Jump	Heptathlon Women	4
6:30 PM	Standing Long Jump	U12 Men & Women- 4 Attempts	3+6
7:15 PM	Event #3 Shot Put	Heptathlon Women- 3 attempts	4
7:30 PM	Pole Vault	U16 & Older Women	1+4
7:30 PM	Triple Jump	U16 & Older Men	3+2+3+2
7:30 PM	Discus	U14 & U16 Women	4+6
8:00 PM	Shot Put	U16 & Older Men	5+5+1+1+1
8:30 PM	Discus	U18 & Over Women	6+3+1
8:30 PM	Triple Jump	U18 & Older Women	6+3+3

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Saturday, July 8th, Track

			<u>Entries</u>	<u>Heats</u>
10:00 AM	80mH Timed Finals	U14 Men	1	1
10:05 AM	80mH Timed Finals	U16 Women	6	1
	Event #1 80mH	Pentathlon Women (U16)	2	
10:10 AM	100mh Timed Final	U16 Men	4	1
10:15 AM	100mh Timed Final	U18 Women	2	1
10:20 AM	110mh Timed Final	U18 & Older Men	2+1+2	1
10:30 AM	3000m Timed Final	U18 & Older Men	6+4+1+1	1
10:45 AM	3000m Timed Final	U18 Women	4	1
11:05 AM	150m Timed Final	U12 Men	14	2
11:11 AM	150m Timed Final	U14 Men	4	1
11:15 AM	150m Timed Final	U12 Women	20	3
11:25 AM	150m Timed Final	U14 Women	16	2
11:30 AM	200m Heats	U16 Men	11	2
11:35 AM	200m Heats	U18 Men	16	2
11:40 AM	200m Final	U20 Men	5	1
11:43 AM	200m Final	Open Men	7	1
11:46 AM	200m Final	Masters Men	3	1
11:49 AM	200m Heats	U16 Women	26	4
12:00 PM	200m Heats	U18 Women	16	2
12:06 PM	200m Final	U20 Women	1	1
	200m Final	Open Women	4	
	200m Final	Masters Women	1	
12:10 PM	600m Timed Final	U12 Men & Women	5+2	1
12:20 PM	Event #7 800m	Heptathlon Women	4	
12:25 PM	Mile	Masters	10	1

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Saturday Afternoon, July 8th, Track

			<u>Entries</u>	<u>Heats</u>
1:30 PM	200mH Timed Final	U16 Men	3	1
1:35 PM	200mH Timed Final	U16 Women	3	1
1:40 PM	400mH Timed Final	U18 and Older Women	1+1	1
1:45 PM	400mH Timed Final	U20 Men	1	1
2:00 PM	4x100 Relays	All Men	2+1	1
	4x100 Relays	U12 & U14 Women	1+4	1
	4x100 Relays	U16 & U18 Women	6+1	1
2:40 PM	200m Finals	U16 Men		
2:43 PM	200m Finals	U18 Men		
2:46 PM	200m Finals	U16 Women		
2:50 PM	200m Finals	U18 Women		
3:00 PM	Event #5 800m	Pentathlon Women (U16)		
3:05 PM	800m Timed Finals	U14 & U16 Men	1+5	1
3:15 PM	800m Timed Finals	U14 & U16 Women	7+12	2
3:20 PM	800m Timed Finals	U18 & Up Men	13+3+5+	2
3:30 PM	800m Timed Finals	U18 & Up Women	9+4+3	2
3:40 PM	2000m Timed Final	U16 Men	2	1
3:50 PM	2000m Timed Final	U16 Women	4	1
4:00 PM	4x400m Relays	All Men & Women	2+2+1	1

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Saturday Morning, July 8th, Field

			<u>Entries</u>
9:15 AM	Ball Throw	U12 Men & Women-4 Attempts	4+1
9:15 AM	Event #5 Long Jump	Heptathlon Women 3 Attempts	4
9:15 AM	High Jump	U12 Women	7
9:45 AM	Javelin	U14 Men & Women-4 Attempts	1+3
10:00 AM	Long Jump - Pit 1	U12 & U14 Men - 4 Attempts	11+3
10:00 AM	Long Jump - Pit 2	U12 Women - 4 Attempts	20
10:30 AM	Event #2 High Jump	Pentathlon Women (U16)	2
10:30 AM	Event #6 Javelin	Heptathlon Women 3 Attempts	4
11:00 AM	Long Jump	U16 Men	9
11:15 AM	High Jump	U14 Women	7
11:15 PM	Pole Vault	Open Men	2
11:15 AM	Javelin	U16 & Older Women	4+6+4+0
11:45 AM	Event #3 Shot Put	Pentathlon Women (U16) -3 Attempts	2
12:15 PM	Long Jump	U18/U20 Women & Open Women	6+2+3
12:30 PM	Hammer	Men	1+1+1+1

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1:30 PM	High Jump	U16 & Older Women	8+4+2+1
1:30 PM	Event #4 Long Jump - Pit 1	Pentathlon Women (U16) - 3 Attempts	2
1:30 PM	Long Jump - Pit 2	U14 Women - 4 Attempts	16
1:30 PM	Javelin	U16 & Older Men	4+9+0+3
2:30 PM	Long Jump	U18 Men	12
2:30 PM	High Jump	U12 Men	5
3:30 PM	Long Jump	U16 Women	12
3:30 PM	High Jump	U16 & Older Men	5+1+2
4:00 PM	Hammer	Women	1+2+2+1
4:30 PM	Long Jump	U20 & Open Men	3+8