

# Manitoba Age Class Championships

July 7th & 8th, 2023

Selkirk Outdoor Track

## FINAL Schedule

Unless otherwise noted, timed final track events (400m+Up) will run combined Age Categories with each section seeded based on time

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

### Friday, July 7th, Track

			<u>Entries</u>	<u>Heats</u>
6:00 PM	<b>Event #1</b> 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	<b>100m FINAL</b>	<b>U20 Men</b>	<b>5</b>	<b>1</b>
6:17 PM	100m Heats	Open Men	10	2
6:21 PM	<b>100m FINAL</b>	<b>Masters Men + Para Ambulatory</b>	<b>3+1</b>	<b>1</b>
6:23 PM	100m Heats	U16 Women	24	3
6:30 PM	100m Heats	U18 Women & <b>Masters Women</b>	12+1	2
6:35 PM	<b>100m FINAL</b>	<b>U20 Women</b>	<b>2</b>	<b>1</b>
	<b>100m FINAL</b>	<b>Open Women</b>	<b>6</b>	
6:37 PM	80m Timed Finals	U12 Men	14	2
6:42 PM	80m Timed Finals	U14 Men	6	1
6:45 PM	80m Timed Finals	U12 Women	19	3
6:55 PM	80m Timed Finals	U14 Women	19	3
7:05 PM	1500m Timed Finals	U18 & Older Men	9+5+1+2	2
7:18 PM	1500m Timed Finals	U18 & Older Women	6+3+1	1
7:30 PM	100m Finals	U16 Men		
7:32 PM	100m Finals	U18 Men		
7:35 PM	100m Finals	Open Men		
7:38 PM	100m Finals	U16 Women		
7:40 PM	100m Finals	U18 Women		
7:50 PM	300m Timed Finals	U14 Men	3	1
	300m Timed Finals	U16 Men	10	2
8:00 PM	300m Timed Finals	U14 Women	7	1
	300m Timed Finals	U16 Women	20	3
8:10 PM	1200m Timed Finals	U14/U16 Men	1+4	1
8:15 PM	1200m Timed Finals	U14 Women	5	1
8:20 PM	1200m Timed Finals	U16 Women	8	1
8:25 PM	400m Timed Finals	U18 & U20 & Open Men	12+4+2	3
8:50 PM	400m Timed Finals	Masters Men	4+1	1
8:55 PM	400m Timed Finals	U18 & Open Women	11+1	2
9:10 PM	<b>Event #4</b> 200m	Heptathlon Women	4	

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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	Triple Jump	U16 Women	13
6:00 PM	Discus	U16 & Older Men	3+5+1+4+1
6:15 PM	Shot Put - Circle 1	U16 & Older Women	9+3+4+1
6:30 PM	<b>Event #2</b> High Jump	Heptathlon Women	4
6:30 PM	Standing Long Jump	U12 Men & Women- 4 Attempts	3+6
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
7:45 PM	<b>Event #3</b> Shot Put	Heptathlon Women- <b>3 attempts</b>	4
8:30 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
	<b>Event #1</b> 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	<b>200m Final</b>	<b>U20 Men</b>	<b>5</b>	<b>1</b>
11:43 AM	<b>200m Final</b>	<b>Open Men</b>	<b>7</b>	<b>1</b>
11:46 AM	<b>200m Final</b>	<b>Masters Men</b>	<b>3</b>	<b>1</b>
11:49 AM	200m Heats	U16 Women	26	4
12:00 PM	200m Heats	U18 Women	16	2
12:06 PM	<b>200m Final</b>	<b>U20 Women</b>	<b>1</b>	<b>1</b>
	<b>200m Final</b>	<b>Open Women</b>	<b>4</b>	
	<b>200m Final</b>	<b>Masters Women</b>	<b>1</b>	
12:10 PM	600m Timed Final	U12 Men & Women	5+2	1
12:20 PM	<b>Event #7</b> 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	<b>Event #5</b> 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 & Older Men	13+3+5+4	2
3:30 PM	800m Timed Finals	U18 & Older 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	<b>Event #5</b> Long Jump	Heptathlon Women <b>3 Attempts</b>	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	<b>Event #2</b> High Jump	Pentathlon Women (U16)	2
10:30 AM	<b>Event #6</b> Javelin	Heptathlon Women <b>3 Attempts</b>	4
11:00 AM	Long Jump	U16 Men	9
11:15 AM	High Jump	U14 Women	7
11:15 AM	Javelin	U16 & Older Women	4+6+4+0
11:45 AM	<b>Event #3</b> 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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### Saturday Afternoon, July 8th, Field

			<u>Entries</u>
1:30 PM	High Jump	U16 & Older Women	8+4+2+1
1:30 PM	<b>Event #4</b> 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+6