

# Athletics Manitoba Spring Open

May 12th & 13th 2023

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\*\*\***

<b><u>Friday, May 12th - TRACK</u></b>			<b><u>Heats</u></b>	<b><u>Entries</u></b>
6:05 PM	100m	Decathlon Men	1	2
6:10 PM	110m Hurdles	U20 Men	1	2
6:15 PM	100m Hurdles	Open Women	1	2
6:20 PM	100m Hurdles	U16 Men	1	4
6:25 PM	80m Hurdes	U14 Women	1	6
6:45 PM	2000m Steeple	U18 Women	1	1
7:05 PM	150m	U12/U14 Men	1	8
7:08 PM	150m	U12/U14 Women	3	23
7:20 PM	200m	U16+ Men	6	46
7:45 PM	200m	U16+ Women	7	49
8:15 PM	600m	U12 Men + Women	1	2+4
8:20 PM	800m	U16+ Men	3	32
8:35 PM	800m	U16+ Women	2	20
8:45 PM	4x400m	Men + Women	2	4+6
9:00 PM	400m	Decathlon Men		2

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### Friday, May 12th - FIELD

5:30 PM	Standing Long Jump	U12/U14 Men & Women	2+9
5:30 PM	Javelin	Women	4+11
6:00 PM	High Jump	U16 + Women	15
6:30 PM	Long Jump	Decathlon Men	2
6:30 PM	Ball Throw	U12/U14 Men & Women	3+7
6:45 PM	Discus	Women	18
6:45 PM	Triple Jump	U16+ Men	7
7:30 PM	Shot Put	Decathlon Men	2
7:45 PM	Javelin	Men	2+9+2+1
8:00 PM	Triple Jump	U16 + Women	14
8:00 PM	High Jump	Decathlon Men	2
8:15 PM	Discus	Men	1+9+1+3+1

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<b><u>Saturday, May 13th - TRACK</u></b>			<b><u>Heats</u></b>	<b><u>Entries</u></b>
10:00 AM	110m Hurdles	Decathlon Men	1	2
10:05 AM	80m Hurdles	U16 Pentathlon Women	1	2
10:15 AM	3000m	U18+ Women	1	3
10:30 AM	3000m	U18+ Men	1	3
10:45 AM	2000m	U16 Women	1	2
11:00 AM	400m	U18+ Men	3	19
11:15 AM	400m	U18+ Women	2	11
11:30 AM	80m	U12/U14 Men	2	10
11:35 AM	80m	U12/U14 Women	4	26
11:50 AM	100m	U16+ Men	5	38
12:10 PM	100m	U16+ Women	7	50
<b>LUNCH BREAK</b>				
1:00 PM	200m Hurdles	U16 Men	1	2
1:05 PM	200m Hurdles	U16 Women	1	2
1:10 PM	400m Hurdles	U18+ Men	1	1
1:15 PM	400m Hurdles	U18+ Women	1	1
1:30 PM	1200m	U14/U16 Men	1	6
1:40 PM	1200m	U14/U16 Women	1	7
1:50 PM	300m	U14/U16 Men	1	6
1:55 PM	300m	U14/U16 Women	2	11
2:00 PM	1500m	U18+ Men	1	13
2:15 PM	1500m	U18+ Women	1	6
2:35 PM	4x100m	Men	2	9
2:45 PM	4x100m	Women	2	14
3:15 PM	1500m	Decathlon Men	1	2
3:30 PM	800m	Pentathlon Women	1	2

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### Saturday, May 13th - FIELD

10:00 AM	Long Jump (Pit 1)	U12 Men & Women	6+14
10:00 AM	Long Jump (Pit 2)	U14 Women	7
10:00 AM	High Jump	U16+ Men	8
10:45 AM	Discus	Decathlon Men	2
11:00 AM	High Jump	Pentathlon Women	2
11:15 AM	Long Jump	U18 Men Long Jump	7
11:15 AM	Shot Put	U16+ Men	5+7+2+2
12:00 PM	Pole Vault	Decathlon Men	2
12:15 PM	Shot Put	U12/U14 Men & Women	1+7+3
12:15 PM	Long Jump	U16 Men	10
1:30 PM	Long Jump	U18+ Women	7+5+4
1:30 PM	Pole Vault	Women & Men	5+2
1:30 PM	Shot Put	Pentathlon Women	2
1:30 PM	High Jump	U12/U14 Men & Women	2+13
2:00 PM	Shot Put	U16+ Women	6+12
2:00 PM	Javelin	Decathlon Men	2
2:30 PM	Long Jump	U16 Women & Pentathlon Women	10+2
3:00 PM	Hammer	Men & Women	6+6
3:15 PM	Long Jump	U20 & Open Men	10+3