



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 Pacific Ave, Winnipeg, MB R3B 2Z6 - 204-925-5744 - Fax 204-925-5792

Athletics Manitoba Spring Open

May 12th & 13th 2023

U of Manitoba Stadium

Tentative Schedule

Track Events will be run from Fastest to Slowest heats

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

Friday, May 12th - TRACK

6:05 PM	100m	Decathlon Men
6:10 PM	110m Hurdles	U18+ Men
6:15 PM	100m Hurdles	U18+ & Heptathlon Women
6:20 PM	100m Hurdles	U14/U16 Men
6:25 PM	80m Hurdes	U14/U16 Women
6:35 PM	1500m Steeple	U16 Women
	1500m Steeple	U16 Men
6:50 PM	2000m Steeple	U18/U20 Women
	2000m Steeple	U18 Men
7:05 PM	3000m Steeple	U20+ Men
	3000m Steeple	Open Women
7:25 PM	150m	U12/U14 Men
7:35 PM	150m	U12/U14 Women
7:45 PM	200m	U16+ Men
7:55 PM	200m	U16+ Women
8:05 PM	600m	U12 Men + Women
8:10 PM	800m	U16+ Men
8:25 PM	800m	U16+ Women
8:45 PM	200m	Heptathlon Women
8:50 PM	4x400m	Men + Women
9:00 PM	400m	Decathlon Men



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5:30 PM	Standing Long Jump	U12/U14 Men & Women
6:00 PM	Long Jump	Special O Men & Women
5:30 PM	Javelin	Men & Women
6:00 PM	High Jump	U16+ Women
6:45 PM	Ball Throw	U12/U14 Men & Women
6:45 PM	Triple Jump	U16+ Men
6:45 PM	Discus	Women
7:00 PM	High Jump	Heptathlon Women
7:30 PM	Shot Put	Decathlon Men
8:00 PM	Triple Jump	U16+ Women
8:00 PM	Shot Put	Heptathlon Women
8:00 PM	High Jump	Decathlon Men
8:15 PM	Discus	Men



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Saturday, May 13th - TRACK

10:00 AM	110m Hurdles	Decathlon Men
	100m Hurdles	U16 Pentathlon Men
	80m Hurdles	U16 Pentathlon Women
10:15 AM	3000m	U18+ Women
10:25 AM	3000m	U18+ Men
10:40 AM	2000m	U16 Women
10:50 AM	2000m	U16 Men
11:00 AM	400m	U18+ Men
11:15 AM	400m	U18+ Women
11:30 AM	80m	U12/U14 Men
11:40 AM	80m	U12/U14 Women
11:50 AM	100m	U16+ Men
12:10 PM	100m	U16+ Women
	LUNCH BREAK	
1:00 PM	200m Hurdles	U16 Men
1:05 PM	200m Hurdles	U16 Women
1:10 PM	400m Hurdles	U18+ Men
1:15 PM	400m Hurdles	U18+ Women
1:30 PM	1200m	U14/U16 Men
1:40 PM	1200m	U14/U16 Women
1:50 PM	300m	U14/U16 Men
1:55 PM	300m	U14/U16 Women
2:00 PM	1500m	U18+ Men
2:15 PM	1500m	U18+ Women
2:30 PM	800m	Heptathlon Women
2:40 PM	4x100m	Women
2:45 PM	4x100m	Men
3:15 PM	1500m	Decathlon Men
3:20 PM	1000m	Pentathlon Men
3:25 PM	800m	Heptathlon/Pentathlon Women



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10:00 AM	Long Jump	U12 Men & Women
10:00 AM	Shot Put	Special O Men & Women
10:00 AM	High Jump	U16+ Men
10:45 AM	High Jump	Pentathlon Women
10:45 AM	Discus	Decathlon Men
11:15 AM	Long Jump	Heptathlon Women + Pentathlon Men
11:15 AM	Shot Put	U12/U14 Men & Women
12:00 PM	Shot Put	U16+ Men
12:00 PM	Pole Vault	Decathlon Men
12:00 PM	Long Jump	U14 Men & Women
1:15 PM	Javelin	Heptathlon Women
1:15 PM	Long Jump	U16+ Women
1:30 PM	Pole Vault	Women & Men
1:30 PM	Shot Put	Pentathlon Men +Women
1:30 PM	High Jump	U12/U14 Men & Women
2:00 PM	Shot Put	U16+ Women
2:00 PM	Javelin	Decathlon Men
2:30 PM	High Jump	Pentathlon Men
2:30 PM	Long Jump	Pentathlon Women
3:00 PM	Hammer	Men & Women
3:15 PM	Long Jump	U16+ Men