

2024 Tough Track Open

Date: Saturday, May 25, 2024

Sanction: Athletics Manitoba

Host : **Tough Track Club**

Venue: University of Manitoba Stadium

Entries: **1)** All participants must be a member of Athletics Manitoba, or Provincial Association recognized by Athletics Canada

2) Entry Fees

\$15 .00 per individual event

\$15.00 for relays

** All entries must be paid for online **

3) Entry Deadline: Tuesday May 21, 2024 by 11:59pm

Please ensure that your entries are in on time. It will allow us to get the schedule out as soon as possible.

4) Entries must be done online using TrackieReg.com.

<https://www.trackie.com/event/2024-tough-track-open/1010048/>

5) NO late entries will be accepted

6) Seeded sections – Please submit accurate seed performances

7) All Relay Team members must be from the Same Club or School

AGE CLASSES FOR 2024:

- U12: BORN IN 2013 or Later
- U14: BORN IN 2011 & 2012
- U16: BORN IN 2009 & 2010
- U18: BORN IN 2007 & 2008
- U20: BORN IN 2005 & 2006
- SENIOR: BORN IN 2004 & EARLIER
- MASTERS: BORN IN 1989 & EARLIER

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TENTATIVE SCHEDULE EVENTS MAY RUN UP TO 10 MINUTES AHEAD OF SCHEDULE

**** The Final Schedule will be produced as soon as possible once all entries are received**

Saturday, May 25, 2024

TRACK

9:30 am	2000m Final (U14 & U16 Women)
9:40 am	2000m Final (U14 & U16 Men)
9:50 am	3000m Final (U18 & Older Women)
10:05 am	3000m Final (U18 & Older Men)
10:20 am	200m Hurdles Final (U14 Women)
10:25 am	200m Hurdles Final (U14 Men)
10:30 am	300m Hurdles Final (U16 Women)
10:35 am	300m Hurdles Final (U16 Men)
10:40am	400m Hurdles Final (U18 & Older Women)
10:45am	400m Hurdles Final (U18 & Older Men)
11:00 am	80m Final (U12 & U14 Women)
11:15 am	80m Final (U12 & U14 Men)
11:30 am	100m Final (U16 & Older Women)
11:50 am	100m Final (U16 & Older Men)

Lunch Break

1:00 pm	600m (U12 Women)
1:10 pm	600m (U12 Men)
1:20 pm	800m (U14 & Older Women)
1:35 pm	800m (U14 & Older Men)
1:50 pm	150m (U12 & U14 Women)
2:00 pm	150m (U12 & U14 Men)
2:10 pm	200m (U16 & Older Women)
2:25 pm	200m (U16 & Older Men)
2:40 pm	4 x 100m Final (Women)
2:50 pm	4 x 100m Final (Men)

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FIELD

10:00 am	Standing Long Jump (U12 & U14 Men & Women)
10:00 am	Pole Vault (U14 & Older Men)
10:00 am	Hammer Throw (U 16 & Older Women)
10:30 am	Women's Triple Jump (U 16 & Older Women)
11:30 am	Hammer Throw (U16 & Older Men)
11:30 am	Pole Vault (U14 & Older Women)
11:45 am	Triple Jump (U16 & Older Men)
12:00 pm	Ball Throw (U12 & U14 Men & Women)
12:30 pm	High jump (Men)
12:45 pm	Javelin (U14 & Older Women)
2:00 pm	Javelin (U14 & Older Men)
2:00 pm	High Jump (All Women)