

Athletics Manitoba Spring Open

May 9th & 10th 2024

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*****

<u>Friday, May 9th - TRACK</u>			<u>Heats</u>	<u>Entries</u>
6:00 PM	Event #1 100m	Decathlon Men	1	2
6:10 PM	110m Hurdles	U18+ Men	1	2
6:15 PM	100mH	U18+ Women	1	3
6:20 PM	100m Hurdles	U14/U16 Men	1	1
6:30 PM	150m	U12/U14 Men	2	13
6:35 PM	150m	U12/U14 Women	3	19
6:40 PM	200m	U16+ Men	6	43
7:00PM	200m	U16+ Women	8	58
7:25PM	600m	U12 Men + Women	1	3+4
7:35 PM	800m	U16+ Men	5	40
7:55 PM	800m	U16+ Women	4	34
8:20 PM	4x400m	Men + Women		4+1
8:45 PM	Event #5 400m	Decathlon Men	1	2

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Friday, May 9th - FIELD

5:30 PM	Standing Long Jump	U12/U14 Men & Women	1	5+4
5:30 PM	Javelin	Men & Women	1	6+8
6:00 PM	High Jump	U16+ Women	1	14
6:00 PM	Shot Put	U12/U14 Men & Women	1	4+3
6:30 PM	Event #2 Long Jump	Decathlon Men	1	2
6:45 PM	Triple Jump	U16+ Men	1	3
6:45 PM	Discus	Women	1	17
7:30 PM	Event #3 Shot Put	Decathlon Men	1	2
7:30 PM	Triple Jump	U16+ Women	1	12
8:00 PM	Event #4 High Jump	Decathlon Men	1	2

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<u>Saturday, May 10th - TRACK</u>			<u>Heats</u>	<u>Entries</u>
10:00 AM	Event #6 110mh	Decathlon Men	1	2
10:05 AM	3000m	U18+ Women	1	4
10:20 AM	3000m	U18+ Men	1	6
10:35 AM	2000m	U16 Women	1	3
10:45 AM	2000m	U16 Men	1	2
10:55 AM	400m	U18+ Men	3	20
11:05 AM	400m	U18+ Women	2	15
11:15 AM	80m	U12/U14 Men	2	9
11:20 AM	80m	U12/U14 Women	3	21
11:30 AM	100m	U16+ Men	6	44
11:50 AM	100m	U16+ Women	8	60
LUNCH BREAK				
1:15 PM	400m Hurdles	U18+ Women	1	4
1:25 PM	1200m	U14/U16 Men	1	12
1:30 PM	1200m	U14/U16 Women	1	12
1:40 PM	300m	U14/U16 Men	2	13
1:55 PM	300m	U14/U16 Women	1	8
2:00 PM	1500m	U18+ Men	2	22
2:15 PM	1500m	U18+ Women	1	11
2:30 PM	4x100m	Women	1	5
2:45 PM	4x100m	Men	1	6
3:00 PM	Event #10 1500m	Decathlon Men	1	2

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Saturday, May 10th - FIELD

10:00 AM	Long Jump (Pit 1)	U12 Women	1	4
10:00 AM	Long Jump (Pit 2)	U14 Men & Women	1	3+8
10:00 AM	Ball Throw	U14 Men	1	3
10:45 AM	Event #7 Discus	Decathlon Men & U14+ Men	1	2+11
11:00 AM	High Jump	U16+ Men	1	4
11:30 AM	Long Jump	U16 Women	1	14
11:30 PM	Shot Put	U16+ Men & ParaAMB Men	1	12
12:00 PM	Event #8 Pole Vault	Decathlon Men	1	2
1:00 PM	Long Jump	U18+ Women	1	14
1:00 PM	High Jump	U12/U14 Men & Women	1	1+6
1:00 PM	Shot Put	U16+ Women	1	12
1:30 PM	Pole Vault	Men & Women	1	1+5
2:00 PM	Event #9 Javelin	Decathlon Men	1	2
2:30 PM	Long Jump	U16+ Men	1	10
3:00 PM	Hammer	Men & Women	1	2+7