



# TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY

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## Athletics Manitoba Open Friday, May 10, 2013 Final Schedule

### Track

5:15 pm	1500m Steeple	Midget Men & Women (1) (2)
5:30 pm	2000m Steeple	Youth Men & Women/Junior/Senior Women (3) (3)
5:45 pm	3000m Steeple	Junior/Senior Men (1)
6:00 pm	110mh	Men (7)
6:10 pm	100mh	Men/Women* (2)(3)/(4)
6:15 pm	80mh	Women* (6)(2)
6:25 pm	150m	Pee Wee/Bantam Men (20)
	150m	Pee Wee/Bantam Women (31)
6:50 pm	200m	Midget + older Men + Special O* (44) (4)
7:20 pm	200m	Midget + older Women + Special O* (35) (2)
7:50 pm	600m	Pee Wee Men (6)
	600m	Pee Wee Women (3)
8:00 pm	800m	Open Men & Special O (45) (5)
	800m	Open Women & Special O (30) (2)
8:40 pm	4x400m	Youth/Junior/Senior/Special O Men*MHSAA Varsity only (2)
	4x400m	Youth/Junior/ Senior/Special O Women *MHSAA Varsity only (2)

### Field

5:30 pm	Standing Long Jump	Pee Wee/Bantam/Special O Women (24)**North Pit**
	Standing Long Jump	Pee Wee/Bantam/Special O Men (16) **North Pit**
6:00 pm	Javelin	Men (23)
7:45 pm	Javelin	Women (6)
6:00 pm	Pole Vault	Women (8)
7:15 pm	Pole Vault	Men (5)
6:00 pm	Long Jump	Midget/Youth/Junior/Senior Women* (15) **South Pit**
7:00 pm	Long Jump	Bantam/Special O Men & Women **North Pit** (7)(5)/ (10)(2)
7:30 pm	Long Jump	Midget/Youth/Junior/Senior Men **South Pit** (22)
6:00 pm	Discus	Women* (9)
7:15 pm	Discus	Men* (7) (8) (5) (5)

**MHSAA qualifying events are marked with an \* beside, please note where there are age restrictions in place. In order for results to be submitted the athlete needs to be entered by their school and compete in their school uniform, the school coach needs to be present for the event and the athlete still needs to compete in their zone qualifying meet in order to be considered for advancement to the MHSAA Provincial Championships.**



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**Saturday, May 11**

## Track

9:30 am	3000m	Youth & Older Women + Special O Men & Women (4) (1) (3)
9:45 am	3000m	Youth & Older Men (12)
10:00 am	2000m	Midget & Under Men (4)
10:10 am	2000m	Midget & Under Women (4)
10:25 am	400m	Youth/Junior/Senior/Special O Men* (31) (6)
10:45 am	400m	Youth/Junior/Senior/Special O Women* (11) (3)
11:00 am	80m	Pee Wee/Bantam Men (21)
11:15 am	80m	Pee Wee/Bantam Women (32)
11:30 am	100m	Midget/Youth/Junior/Senior/Special O Men* (37) (11)
12:00 pm	100m	Midget/Youth/Junior/Senior/Special O Women* (28) (6)
12:25 pm	200mh	Midget Men/Women (1) /(1)
12:35 pm	400mh	Junior/Senior Men (1)
12:40 pm	1200m	Bantam/Midget Men (13)
12:45 pm	1200m	Bantam/Midget Women (11)
12:55 pm	300m	Pee Wee/Bantam/Midget Men (15)
1:05 pm	300m	Pee Wee/Bantam/Midget Women (22)
1:25 pm	1500m	Youth/Junior/Senior/Special O Men*MHSAA Varsity only (17) (6)
1:45 pm	1500m	Youth/Junior/Senior/Special O Women*MHSAA Varsity only (8) (1)
2:15 pm	4x100m	Open Men* (9)
	4x100m	Open Women* (6)

## Field

9:30 am	Long Jump	Pee Wee Men & Women (6)/(15)
9:30 am	Shot Put	Special O Men & Women 3 attempts (14) (7)
10:15 am	Shot Put	Pee Wee/Bantam Men & Women 3 attempts (7)/(10)
11:00 am	Shot Put	Midget/Youth/Junior/Senior Men* 3 attempts for Youth & Midget athletes (3) (5) (7)(4)
12:30 pm	Shot Put	Midget/ Youth/Junior/Senior Women*** 3 attempts for Youth & Midget athletes (16)
10:30 am	Triple Jump	Midget/Youth/Junior/Senior Women* (8)
11:30 am	Triple Jump	Midget/Youth/Junior/Senior Men* (20)
10:00 am	High Jump	Midget/Youth/Junior/Senior Women* (8)
11:00 pm	High Jump	Midget/Youth/Junior/Senior Men* (15)
12:30 pm	High Jump	Pee Wee & Bantam Women/Men & Special O Men & Women (5) (2)/(4) (1)
12:45 pm	Hammer	Midget/Youth/Junior/Senior Men (9)
2:00 pm	Hammer	Midget/Youth/Junior/Senior Women (6)

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