



# Legion and Canada Summer Games Trials

July 8th & 9th, 2022

U of Manitoba Stadium



## Final Schedule

**\*Heats for the 100/200 will be randomly seeded - fastest 8 adv to final\***

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

### Friday, July 8th, Track

			<u>Entries</u>	<u>Heats</u>
5:30 PM	<b>Event #1</b> 100mH	Heptathlon Women	1	1
5:40 PM	<b>Event #1</b> 100m	Decathlon Men	3	1
5:45 PM	<b>100m Finals</b>	U16 Men	3	1
5:50 PM	100m Heats	U16 Women	20	3
6:00 PM	100m Heats	U18 Men	10	2
6:10 PM	100m Heats	U18 Women	9	2
6:15 PM	100m Heats	CSG/Senior/Special O & Masters Men	21	4
6:35 PM	100m Heats	CSG/Senior/Special O & Masters Women	15	3
6:50 PM	1500m Timed Finals	U18 Men	8	1
6:55 PM	1500m Timed Finals	U18 Women	5	1
7:05 PM	1500m Timed Finals	CSG & Senior Men	9	1
7:10 PM	1500m Timed Finals	CSG & Senior Women	5	1
7:20 PM	300m Timed Finals	U16 Men	4	1
7:25 PM	300m Timed Finals	U16 Women	12	2
7:35 PM	400m Timed Finals	U18 Men	5	1
7:40 PM	400m Timed Finals	U18 Women	4	1
7:45 PM	400m Timed Finals	CSG Men	8	1
7:50 PM	400m Timed Finals	CSG Women	7	1
7:55 PM	400m Timed Finals	Masters Men	2	1
8:00 PM	1200m Timed Finals	U16 Men	6	1
8:05 PM	1200m Timed Finals	U16 Women	4	1
8:15 PM	100m Finals	U16 Women	8	1
8:20 PM	100m Finals	U18 Men	8	1
	100m Finals	U18 Women	8	1
8:25 PM	100m Finals	CSG Men	8	1
	100m Finals	CSG Women	8	1
8:30 PM	100m Finals	Lakehead Edition	8	1
8:50 PM	<b>Event #4</b> 200m	Heptathlon Women	1	1
9:15 PM	<b>Event #5</b> 400m	Decathlon Men	3	1



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## Friday, July 8th, Field

			<u>Entries</u>	<u>Flights</u>
6:00 PM	<b>Event #2</b> Long Jump	Decathlon Men- <b>3 Attempts</b>	3	1
6:00 PM	<b>Event #2</b> High Jump	Heptathlon Women	1	1
6:00 PM	Pole Vault	U16/U18 & CSG Men	1	1
6:00 PM	Javelin	U16/U18 & CSG Men	6	1
6:45 PM	Triple Jump	U18/CSG Men	6	1
7:15 PM	Shot Put	Masters Men & Women	1	1
7:15 PM	<b>Event #3</b> Shot Put	Decathlon Men- <b>3 Attempts</b>	3	1
7:15 PM	<b>Event #3</b> Shot Put	Heptathlon Women- <b>3 attempts</b>	1	1
6:45 PM	Javelin	U16/U18 & CSG Women	7	1
7:30 PM	Pole Vault	U16/U18 & CSG Women	7	1
7:45 PM	Hammer	U16/U18 & CSG Men and Women	8	1
7:45 PM	Triple Jump	U16/U18/CSG & Senior Women	13	1
8:15 PM	<b>Event #4</b> High Jump	Decathlon Men	3	1



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### Saturday Morning, July 9th, Track

			<u>Entries</u>	<u>Heats</u>
10:00 AM	<b>Event #1</b> 80mH	Pentathlon Women (U16)	1	1
	80mH Timed Finals	U16 Women	5	1
10:05 AM	100mh Timed Final	U16 Men	2	1
10:10 AM	100mh Timed Final	U18 & CSG Women	5	1
10:20 AM	<b>Event #6</b> 110mh	Decathlon Men	3	1
	110mh Timed Final	U18/CSG & Senior Men	4	1
10:30 AM	2000m Timed Final	U16 Men	4	1
10:40 AM	2000m Timed Final	U16 Women	2	1
10:50 AM	3000m Timed Final	U18 Men	4	1
11:10 AM	<b>200m Finals</b>	U16 Men	4	1
11:15 AM	200m Heats	U16 Women	17	3
11:25 AM	200m Heats	U18 Men	11	2
11:35 AM	<b>200m Finals</b>	U18 Women	8	1
11:40 AM	200m Heats	CSG Men	19	3
11:50 AM	200m Heats	CSG Women	10	2
11:55 AM	200m Finals	Senior/Special O & Masters Men	5	1
12:00 PM	200m Finals	Senior/Special O & Masters Women	6	1
12:05 PM	<b>Event #7</b> 800m	Heptathlon Women	1	1
12:15 PM	Mile	Masters	9	1



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## Saturday Afternoon, July 9th, Track

			Entries	Heats
1:00 PM	200mH Timed Final	U16 Men	1	1
1:05 PM	200mH Timed Final	U16 Women	3	1
1:10 PM	400mH Timed Final	U18 & CSG Men	3	1
1:20 PM	400mH Timed Final	U18 & CSG Women	2	1
1:30 PM	<b>Event #5</b> 800m	Pentathlon Women (U16)	1	1
1:40 PM	800m Timed Finals	U16/U18 Men	13	1
1:50 PM	800m Timed Finals	U16/U18 Women	13	1
2:00 PM	800m Timed Finals	CSG Men	8	1
2:10 PM	800m Timed Finals	CSG Women	7	1
2:20 PM	200m Finals	U16 Women	8	1
	200m Finals	U18 Men	8	1
2:25 PM	200m Finals	CSG Men	8	1
	200m Finals	CSG Women	8	1
2:30 PM	200m Finals	Lakehead Edition	7	1
2:40 PM	2000m Steeplechase	U18 Women	1	1
2:50 PM	2000m Steeplechase	Masters Men	3	1
3:05 PM	3000m Steeplechase	CSG Men	3	1
3:20 PM	<b>Event #10</b> 1500m	Decathlon Men	3	1
3:35 PM	4x100 Relays	All Men & Women	5	1



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### Saturday Morning, July 9th, Field

			<u>Entries</u>	<u>Flights</u>
9:45 AM	<b>Event #5</b> Long Jump	Heptathlon Women <b>3 Attempts</b>	1	1
10:30 AM	Long Jump	U16 Women	9	1
10:45 AM	<b>Event #6</b> Javelin	Heptathlon Women <b>3 Attempts</b>	1	1
10:45 AM	<b>Event #7</b> Discus	Decathlon Men-3 Attempts	3	1
10:45 AM	<b>Event #2</b> High Jump	Pent Women	1	1
11:30 AM	Discus	U16/U18/CSG & Masters Women	9	1
11:30 AM	Long Jump	U16/U18 & Masters Men	6	1
11:45 AM	High Jump	U16/U18 & CSG Men	7	1
11:45 AM	<b>Event #3</b> Shot Put	Pentathlon Women -3 Attempts	1	1
12:00 PM	<b>Event #8</b> Pole Vault	Decathlon Men	3	1
12:30 PM	Discus	U16/U18/CSG & Masters Men	4	1

### Saturday Afternoon, July 9th, Field

1:00 PM	High Jump	U18 & CSG Women	6	1
1:00 PM	<b>Event #4</b> Long Jump	Pent Women - 3 Attempts	1	1
1:30 PM	<b>Event #9</b> Javelin	Decathlon Men-3 Attempts	3	1
1:45 PM	Long Jump	CSG Men	11	1
2:30 PM	High Jump	U16 Women	4	1
2:00 PM	Shot Put	U16/U18 & CSG Women	8	1
3:00 PM	Long Jump	U18/CSG & Masters Women	14	1
3:00 PM	Shot Put	U16/U18 & CSG Men	4	1