



# TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 Pacific Ave. Winnipeg, MB. R3B 2Z6 • Tel: 204-925-5744 • Fax: 204-925-5792

www.athleticsmanitoba.com

## 2022 Legion & Canada Summer Games Trials

Date: Friday, July 8<sup>th</sup> and Saturday July 9<sup>th</sup>  
Sanction: Athletics Manitoba  
Venue: University of Manitoba Outdoor Track  
Timing: Omega Photo Timing System

### Entries:

- All participants must be members of Athletics Manitoba to participate
  - Any non-members will be charged an additional \$10 day membership on top of their entries
- Entries must be done through Trackie – <http://www.trackiereg.com/LegionCSGTrials>
- All events **should have a seed performance submitted to ensure fair seeded sections**
- Event list and tentative schedule are included below
- Entries must be submitted no later than Monday, July 4<sup>th</sup> (midnight) to avoid late charges
- Entry fees:
  - \$10.00 per each individual event for all age categories
  - \$15.00 for relays
  - \$25.00 for Multiple Events (Pentathlon, Decathlon or Heptathlon)
  - \$10.00 Non-Member fee
  - Late fees will be assessed as of July 4<sup>th</sup>, 2022 with \$10 surcharge to fees indicated above

### Team Manitoba selection meet for Legion National Championships

U16 Athletes born in 2007/2008

U18 Athletes born in 2005/2006

**ALL ATHLETES MUST ALSO DECLARE THEIR INTENT BY JULY 9<sup>TH</sup> -**

<http://www.trackiereg.com/LegionIntent>

### Team Manitoba selection meet for the Canada Summer Games

U25 Athletes born in 1998 or later

U36 (Para) Athletes born in 1986 or later

**ALL ATHLETES MUST DECLARE THEIR INTENT BY JUNE 30<sup>TH</sup> -**

[http://www.trackiereg.com/2022\\_CSG\\_Declaration](http://www.trackiereg.com/2022_CSG_Declaration)

### Additional Categories with LIMITED EVENT SELECTION

Open Athletes born in 1997-1987

Masters Athletes born in 1986 or earlier



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## Event List

	100m	200m	300m	400m	800m	1200m	1500m	Mile	2000m	3000m
U16	x	x	x		x	x			x	
U18	x	x		x	x		x			x
CSG	x	x		x	x		x			
Open	x (no finals)	x (no finals)					x			
Masters	x (no finals)	x (no finals)		x				x		
Special O	x (no finals)	x (no finals)								

	80m H	100m H	110m H	200m H	400m H	1500m Steeple	2000m Steeple	3000m Steeple
U16	x	x		x		x		
U18		x	x		x		x	
CSG		x	x		x			x
Open		x	x		x			x
Masters							x	

	Long Jump	Triple Jump	High Jump	Pole Vault	Shot Put	Discus	Javelin	Hammer	Pent	Hept	Dec
U16	x	x	x	x	x	x	x	x	x		
U18	x	x	x	x	x	x	x	x		x	x
CSG	x	x	x	x	x	x	x	x			
Open	x	x		x							
Masters	x				x	x					



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## Legion and Canada Summer Games Trials

July 8th & 9th, 2022

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, July 8th, Track

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



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### Friday, July 8th, Field

5:30 PM	Shot Put	Masters Men & Women
6:00 PM	<b>Event #2</b> Long Jump	Decathlon Men- <b>3 Attempts</b>
6:00 PM	<b>Event #2</b> High Jump	Heptathlon Women
6:00 PM	Pole Vault	U16/U18 & CSG Men
6:30 PM	Javelin	U16/U18 & CSG Men
7:00 PM	Triple Jump	U16/U18/CSG & Senior Men
7:15 PM	<b>Event #3</b> Shot Put	Decathlon Men- <b>3 Attempts</b>
7:15 PM	<b>Event #3</b> Shot Put	Heptathlon Women- <b>3 attempts</b>
7:15 PM	Javelin	U16/U18 & CSG Women
7:30 PM	Pole Vault	U16/U18 & CSG Women
8:15 PM	Hammer	U16/U18 & CSG Men and Women
8:15 PM	Triple Jump	U16/U18/CSG & Senior Women
8:30 PM	<b>Event #4</b> High Jump	Decathlon Men



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#### Saturday Morning, July 9th, Track

10:00 AM	<b>Event #1</b> 80mH	Pentathlon Women (U16)
10:00 AM	80mH Timed Finals	U16 Women
10:05 AM	<b>Event #1</b> 100mH	Pentathlon Men (U16)
10:05 AM	100mh Timed Final	U16 Men
10:10 AM	100mh Timed Final	U18 & CSG Women
10:20 AM	110mh Timed Final	CSG Men
10:20 AM	<b>Event #6</b> 110mh	Decathlon Men
10:30 AM	2000m Timed Final	U16 Men
10:45 AM	2000m Timed Final	U16 Women
11:00 AM	3000m Timed Final	U18 & CSG Men
11:05 AM	3000m Timed Final	U18 & CSG Women
11:10 AM	200m Heats	U16 Men
11:15 AM	200m Heats	U16 Women
11:20 AM	200m Heats	U18 Men
11:25 AM	200m Heats	U18 Women
11:30 AM	200m Heats	CSG/Senior/Special O & Masters Men
11:40 AM	200m Heats	CSG/Senior/Special O & Masters Women
11:50 AM	<b>Event #7</b> 800m	Heptathlon Women
12:00 PM	Mile	Masters



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### Saturday Afternoon, July 9th, Track

1:00 PM	200mH Timed Final	U16 Men & Women
1:15 PM	400mH Timed Final	U18 & CSG Men
1:25 PM	400mH Timed Final	U18 & CSG Women
1:35 PM	200m Finals	U16/U18 & CSG Men
1:55 PM	200m Finals	U16/U18 & CSG Women
2:10 PM	<b>Event #5</b> 800m	Pentathlon Women (U16)
2:15 PM	<b>Event #5</b> 1000m	Pentathlon Men (U16)
2:25 PM	<b>Event #10</b> 1500m	Decathlon Men
2:40 PM	800m Timed Finals	U16/U18 Men
3:00 PM	800m Timed Finals	U16/U18 Women
3:20 PM	800m Timed Finals	CSG Men
3:30 PM	800m Timed Finals	CSG Women
3:40 PM	1500m Steeplechase	U16 Women
3:50 PM	1500m Steeplechase	U16 Men
4:05 PM	2000m Steeplechase	U18 Women
4:15 PM	2000m Steeplechase	U18 & Masters Men
4:25 PM	3000m Steeplechase	CSG Women
4:40 PM	3000m Steeplechase	CSG Men
4:55 PM	4x100 Relays	All Men & Women



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#### Saturday Morning, July 9th, Field

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

#### Saturday Afternoon, July 9th, Field

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