



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 Pacific Ave, Winnipeg, MB R3B 2Z6 - 204-925-5744 - Fax 204-925-5792

Athletics Manitoba Indoor Last Chance Meet

December 12th and 13th 2025

James Daly Fieldhouse, Max Bell Centre, U of Manitoba

Final Schedule

60m will be run slowest to fastest

***All remaining Track Events will be run Fastest to Slowest ***

****4 Attempts for U12/U14 Field Events****

<u>Friday Dec 12th - TRACK</u>			Entries	Heats
6:00 PM	60m	Heptathlon Men	6	1
6:05 PM	60m	Men (All Ages)	47	5
6:30 PM	60m	Women (All Ages)	59	6
7:00 PM	1200m	U14 & U16 Men	11	1
7:10 PM	1200m	U14 & U16 Women	17	2
7:25 PM	400m	U18 & up Men	10	2
7:35 PM	400m	U18 & up Women	16	3
7:50 PM	300m	U14 & U16 Men	11	2
8:00 PM	300m	U14 & U16 Women	10	2
8:10 PM	1500m	U18 & up Men	20	2
8:25 PM	1500m	U18 & up Women	6	1

<u>Friday Dec 12th - FIELD</u>			Entries	Flights
6:00 PM	Shot Put	U16 & up Women	15	1
6:30 PM	Long Jump	U12/U14 Men (outside pit)	7	1
6:30 PM	Long Jump	Heptathlon Men (inside pit)	6	1
7:15 PM	Triple Jump	U16 & up Men (inside pit)	10	1
7:30 PM	Shot Put	Heptathlon Men	6	1
7:30 PM	Shot Put	U14/U16/U18 Men	4	1
7:30 PM	Long Jump	U12/U14 Women (outside pit)	9	1
8:15 PM	Triple Jump	U16 & up Women (inside pit)	13	1
8:15 PM	High Jump	Heptathlon Men	6	1
8:15 PM	Shot Put	U20 & up Men/Para/Special O	11	1



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***All Saturday Track Events will be run Fastest to Slowest ***

****4 Attempts for U12/U14 Field Events****

<u>Saturday Dec 13th - TRACK</u>			<u>Entries</u>	<u>Heats</u>
10:00 AM	60m Hurdles	Heptathlon Men	6	1
	60m Hurdles	Men (All Ages)	6	2
10:15 AM	60m Hurdles	Pentathlon Women	3	1
	60m Hurdles	Women (all ages)	4	1
10:25 AM	2000m	U16 Men	4	1
10:35 AM	2000m	U16 Women	5	1
10:50 AM	3000m	U18 & up Men	11	1
11:05 AM	3000m	U18 & up Women	6	1
11:20 AM	800m	U14 & up Men	30	4
11:45	800m	U14 & up Women	26	3
12:00	150m	Men (All Ages)	12	2
12:05	150m	Women (All Ages)	18	3
<u>Lunch</u>				
12:40 PM	200m	U16 & up Men	41	10
1:05 PM	200m	U16 & up Women	34	8
1:25 PM	1000m	Heptathlon Men	6	1
1:35 PM	600m	Men (All Ages)	18	3
1:50 PM	600m	Women (All Ages)	13	2
2:00 PM	4x200m Relay	U14 & up Men	7	2
2:15 PM	4x200m Relay	U14 & up Women	2	1
2:30 PM	4x100m Relay	U12 & up Men	6	1
2:35 PM	4x100m Relay	U12 & up Women	7	2
2:45 PM	800m	Pentathlon Women	3	1

600m Women heat 1 in lanes, heat 2 waterfall

600m Men heat 1 & 2 in lanes, heat 3 waterfall



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			Entries	Flights
10:00 AM	Stdg Long Jump	U12/U14 Men & Women (outside pit)	8	1
10:00 AM	Long Jump	U16 & U18 Men (inside pit)	11	1
11:00 AM	Pole Vault	Heptathlon & U18 & up Men & Women	6+6	1
11:00 AM	High Jump	Special O, U20 & up & Pentathlon Women	4+3	1
11:30 PM	Long Jump	U16 & U18 Women (inside pit)	10	1
12:30 PM	Shot Put	Pentathlon Women	3	1
12:45 PM	High Jump	U12/U14/U18 Women	10	1
12:45 PM	Long Jump	Special O, U20 & up Men (inside pit)	10	1
1:30 PM	Weight Throw	U16 & Up Women & Men	12	1
2:00 PM	High Jump	Men (all ages)	4	1
2:00 PM	Long Jump	Special O, Pentathlon, U20 & up Women (insic	10	1