**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 11th and 12th 2026**

James Daly Fieldhouse, Max Bell Centre, U of Manitoba

**Tentative 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****

## Friday Dec 11th - TRACK

| | | |
|---|---|---|
| 6:00 PM | 60m | Heptathlon Men |
| 6:05 PM | 60m | Men (All Ages) |
| 6:30 PM | 60m | Women (All Ages) |
| 7:00 PM | 1200m | U14 & U16 Men |
| 7:10 PM | 1200m | U14 & U16 Women |
| 7:20 PM | 400m | U18 & up Men |
| 7:35 PM | 400m | U18 & up Women |
| 7:50 PM | 300m | U14 & U16 Men |
| 7:55 PM | 300m | U14 & U16 Women |
| 8:10 PM | 1500m | U18 & up Men |
| 8:20 PM | 1500m | U18 & up Women |

## Friday Dec 11th - FIELD

| | | |
|---|---|---|
| 6:00 PM | Shot Put | U12 & up Women |
| 6:30 PM | Long Jump | U12/U14 Men (outside pit) |
| 6:30 PM | Long Jump | Heptathlon Men (inside pit) |
| 7:15 PM | Triple Jump | U16 & up Men (inside pit) |
| 7:30 PM | Long Jump | U12/U14 Women (outside pit) |
| 7:30 PM | Shot Put | Heptathlon Men |
| 8:15 PM | Shot Put | U12 & up Men |
| 8:15 PM | High Jump | Heptathlon Men |
| 8:15 PM | Triple Jump | U16 & up Women (inside pit) |

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**Tentative Schedule**

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

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

## Saturday Dec 12th - TRACK

| | | |
|---|---|---|
| 10:00 AM | 60m Hurdles | Senior & Heptathlon Men |
| 10:05 AM | 60m Hurdles | U14/U16/U18 Men |
| 10:10 AM | 60m Hurdles | U18 & up & Pentathlon Women |
| 10:15 AM | 60m Hurdles | U14/U16 Women |
| 10:25 AM | 2000m | U16 Men |
| 10:35 AM | 2000m | U16 Women |
| 10:45 AM | 3000m | U18 & up Men |
| 11:00 AM | 3000m | U18 & up Women |
| 11:15 AM | 800m | U14 & up Men |
| 11:25 AM | 800m | U14 & up Women |
| 11:35 AM | 150m | U12/U14 Men |
| 11:40 AM | 150m | U12/U14 Women |
| 11:45 AM | 150m | Master Men |
| 11:50 AM | 150m | Master Women |
| | | |
| 12:40 PM | 200m | U16 & up Men |
| 1:05 PM | 200m | U16 & up Women |
| 1:35 PM | 1000m | Heptathlon Men |
| 1:45 PM | 600m | Men (All Ages) |
| 1:55 PM | 600m | Women (All Ages) |
| 2:05 PM | 800m | Pentathlon Women |
| 2:10 PM | 4x200m Relay | U14 & up Men |
| 2:15 PM | 4x200m Relay | U14 & up Women |
| 2:25 PM | 4x100m Relay | U12 & up Men |
| 2:35 PM | 4x100m Relay | U12 & up Women |
| 2:45 PM | 4x400m | U16 & up Mixed |

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## Tentative Schedule
## **4 Attempts for U12/U14 Field Events**

### Saturday Dec 12th - FIELD

| | | |
|---|---|---|
| 10:00 AM | Stdg Long Jump | U12/U14 Men & Women (outside pit) |
| 10:45 AM | Long Jump | U16 & Up Men (inside pit) |
| 11:00 AM | Pole Vault | Heptathlon & U16 & up Men & Women |
| 11:00 AM | High Jump | Women (all ages) & Pentathlon Women |
| 12:00 PM | Long Jump | U16 & up Women (inside pit) |
| 12:30 PM | Shot Put | Pentathlon Women |
| 12:30 PM | High Jump | Men (all ages) |
| 1:00 PM | Long Jump | Pentathlon Women |
| 1:15 PM | Weight Throw | U16 & Up Women & Men |