



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

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

Athletics Manitoba Spring Open

May 10th & 11th, 2019

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, May 10th - TRACK

| | | |
|---------|---------------|------------------------------|
| 6:00 PM | 100m | Decathlon Men |
| 6:10 PM | 1500m Steeple | |
| 6:25 PM | 2000m Steeple | |
| 6:40 PM | 3000m Steeple | |
| 6:55 PM | 110m Hurdles | U18 & Up Men |
| 7:00 PM | 100m Hurdles | U18, Open & Heptathlon Women |
| 7:05 PM | 100m Hurdles | U16 Men |
| 7:10 PM | 80m Hurdes | U14 Men, U14 & U16 Women |
| 7:20 PM | 150m | U12 & U14 Men |
| 7:25 PM | 150m | U12 & U14 Women |
| 7:35 PM | 200m | U16 & Up Men |
| 7:55 PM | 200m | U16 & Up Women |
| 8:20 PM | 600m | U12 Men & Women |
| 8:25 PM | 200m | Heptathlon Women |
| 8:30 PM | 800m | U14 & Up Men |
| 8:50 PM | 800m | U14 & Up Women |
| 9:10 PM | 400m | Decathlon Men |



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| | | |
|---------|--------------------|-----------------------|
| 5:30 PM | Long Jump | Special O Men & Women |
| 5:30 PM | Standing Long Jump | U12/U14 Men & Women |
| 5:30 PM | Javelin | Men & Women |
| 6:00 PM | Long Jump | U16 & Up Women |
| 6:00 PM | Pole Vault | Women & Men |
| 6:30 PM | Ball Throw | U12/U14 Men & Women |
| 6:45 PM | Discus | Women |
| 7:00 PM | Long Jump | Decathlon Men |
| 7:00 PM | High Jump | Heptathlon Women |
| 7:30 PM | Shot Put | Decathlon Men |
| 7:30 PM | Long Jump | U16 & Up Men |
| 7:45 PM | Shot Put | Heptathlon Women |
| 8:00 PM | Discus | Men |
| 8:15 PM | High Jump | Decathlon Men |



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Saturday, May 11th - TRACK

| | | |
|----------|--------------------|----------------------|
| 10:00 AM | 110m Hurdles | Decathlon Men |
| | 100m Hurdles | U16 Pentathlon Men |
| | 80m Hurdles | U16 Pentathlon Women |
| 10:10 AM | 3000m | U18 & Up Women |
| 10:25 AM | 3000m | U18 & Up Men |
| 10:35 AM | 2000m | U16 Women |
| 10:50 AM | 2000m | U16 Men |
| 11:00 AM | 400m | U18 & Up Men |
| 11:10 AM | 400m | U18 & Up Women |
| 11:20 AM | 80m | U12 & U14 Men |
| 11:25 AM | 80m | U12 & U14 Women |
| 11:30 AM | 100m | U16 & Up Men |
| 11:45 AM | 100m | U16 & Up Women |
| | LUNCH BREAK | |
| 12:30 PM | 200m Hurdles | U16 Men & Women |
| 12:45 PM | 400m Hurdles | U18 & Up Men & Women |
| 1:05 PM | 1200m | U14 & U16 Men |
| 1:15 PM | 1200m | U14 & U16 Women |
| 1:25 PM | 300m | U14 & U16 Men |
| 1:35 PM | 300m | U14 & U16 Women |
| 1:45 PM | 1500m | U18 & Up Men |
| 2:00 PM | 1500m | U18 & Up Women |
| 2:10 PM | 800m | Heptathlon Women |
| 2:20 PM | 4x100m | Men |
| 2:30 PM | 4x100m | Women |
| 3:15 PM | 800m | Pentathlon Women |
| 3:20 PM | 1000m | Pentathlon Men |
| 3:25 PM | 1500m | Decathlon Men |



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| 10:00 AM | Long Jump | U12 & U14 Men & Women |
| 10:00 AM | Shot Put | Special O Men & Women |
| 10:00 AM | High Jump | U16 & Up Men |
| 10:45 AM | Discus | Decathlon Men |
| 11:15 AM | Shot Put | U12 & U14 Men & Women |
| 11:30 AM | Long Jump | Heptathlon Women & Pentathlon Men |
| 11:30 AM | High Jump | Pentathlon Women |
| 12:00 PM | Shot Put | U16 & Up Men |
| 12:00 PM | Pole Vault | Decathlon Men |
| 12:15 PM | Triple Jump | U16 & Up Women |
| 1:00 PM | High Jump | U12 & U14 Men & Women |
| 1:15 PM | Javelin | Heptathlon Women |
| 1:45 PM | Shot Put | Pentathlon Men |
| 1:45 PM | High Jump | U16 & Up Women |
| 2:00 PM | Shot Put | U16 & Up Women & Pent Women |
| 2:00 PM | Triple Jump | U16 & Up Men |
| 2:30 PM | High Jump | Pentathlon Men |
| 2:45 PM | Long Jump | Pentathlon Women |
| 2:45 PM | Javelin | Decathlon Men |
| 3:15 PM | Hammer | Men & Women |