



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

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

Manitoba Age Class Championships

June 21st & 22nd, 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, June 21st - TRACK

5:30 PM	Event #1 100m	Decathlon Men
5:40 PM	Event #1 100mh	Heptathlon Women
5:55 PM	100m Heats	U16 Men
6:05 PM	100m Heats	U16 Women
6:15 PM	100m Heats	U18 & Older Men
6:25 AM	100m Heats	U18 & Older Women
6:35 PM	80m Timed Finals	U12/U14 Men
6:45 PM	80m Timed Finals	U12/U14 Women
7:05 PM	1500m Timed Finals	U18 & Older Men
7:15 PM	1500m Timed Finals	U18 & Older Women
7:30 PM	300m Timed Finals	U14/U16 Men
7:40 PM	300m Timed Finals	U14/U16 Women
7:50 PM	1200m Timed Finals	U14/U16 Men
8:00 PM	1200m Timed Finals	U14/U16 Women
8:15 PM	100m Finals	U16 & Older Men
8:25 PM	100m Finals	U16 & Older Women
8:35 PM	Event #4 200m	Heptathlon Women
8:50 PM	400m Timed Finals	U18 & Older Men
9:00 PM	400m Timed Finals	U18 & Older Women
9:05 PM	Event #5 400m	Decathlon Men



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5:30 PM	Shot Put	U12/U14 Men & Women- 3 Attempts
6:00 PM	Event #2 Long Jump	Decathlon Men- 3 Attempts
6:00 PM	Event #2 High Jump	Heptathlon Women
6:00 PM	Pole Vault	U16 & Older Men
6:00 PM	Discus	U16 & Older Men
6:30 PM	Shot Put	U16 & Older Women
6:30 PM	Standing Long Jump	U12/U14 Men & Women
7:00 PM	Triple Jump	U16 & Older Men
7:00 PM	Discus	U16 & Older Women
7:30 PM	Pole Vault	U16 & Older Women
7:30 PM	Event #3 Shot Put	Decathlon Men-3 Attempts
7:30 PM	Event #3 Shot Put	Heptathlon Women- 3 attempts
8:30 PM	Triple Jump	U16 & Older Women
8:30 PM	Shot Put	U16 & Older Men
8:30 PM	Event #4 High Jump	Decathlon Men



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Saturday, June 22nd, MORNING -TRACK

9:30 AM	Event #1 80mh	Pentathlon Women (U16)
9:30 AM	80mh Timed Finals	U14 Men, U14 & U16 Women
9:35 AM	Event #1 100mH	Pentathlon Men (U16)
9:35 AM	100mh Timed Final	U16 Men
9:40 AM	100mh Timed Final	U18 & Older Women
9:50 AM	110mh Timed Final	U20 & Older Men
9:50 AM	Event #6 110mh	Decathlon Men
10:00 AM	3000m Timed Final	U18 & Older Men
10:15 AM	3000m Timed Final	U18 & Older Women
10:30 AM	200m Timed Finals	U16 Men
10:45 AM	200m Timed Finals	U16 Women
11:00 AM	200m Heats	U18 & Older Men
11:15 AM	200m Heats	U18 & Older Women
11:30 AM	Event #7 800m	Heptathlon Women
11:35 AM	600m Timed Final	U12 Men & Women
11:40 AM	1500m Steeplechase	U16 Men & Women
11:45 AM	2000m Steeplechase	U18 & U20 Women
11:55 AM	2000m Steeplechase	U18 Men
12:05 PM	3000m Steeplechase	Senior Women
12:20 PM	3000m Steeplechase	U20 & Older Men

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1:15 PM	4x100 Relays	All Men & Women
1:30 PM	200mh Timed Final	U16 Men & Women
1:50 PM	400mh Timed Final	U18 and Older Men & Women
2:00 PM	Event #5 800m	Pentathlon Women (U16)
2:10 PM	Event #5 1000m	Pentathlon Men (U16)
2:15 PM	Event #10 1500m	Decathlon Men
2:25 PM	150m Timed Final	U12 & U14 Men
2:35 PM	150m Timed Final	U12 & U14 Women
2:45 PM	200m Finals	U18 & Older Men
2:50 PM	200m Finals	U18 & Older Women
3:05 PM	800m Timed Finals	U14 & U16 Men
3:15 PM	800m Timed Finals	U14 & U16 Women
3:25 PM	800m Timed Finals	U18 & Up Men
3:35 PM	800m Timed Finals	U18 & Up Women
3:45 PM	2000m Timed Final	U14 & U16 Men
4:00 PM	2000m Timed Final	U14 & U16 Women
4:15 PM	4x400m Relays	All Men & Women



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Saturday, June 23rd -FIELD

9:15 AM	Ball Throw	U12/U14 Men & Women- 3 Attempts
9:45 AM	Event #5 Long Jump	Heptathlon Women 3 Attempts
9:45 AM	Event #2 Long Jump	Pentathlon Men
9:45 AM	Event #2 High Jump	Pentathlon Women
10:15 AM	Event #7 Discus	Decathlon Men- 3 Attempts
10:15 AM	High Jump	U12 & U14 Women
10:15 AM	Long Jump	U12 & U14 Men 3 Attempts
10:30 AM	Event #6 Javelin	Heptathlon Women
10:45 AM	Event #3 Shot Put	Pentathlon Women
10:45 AM	Event #3 Shot Put	Pentathlon Men
11:00 AM	High Jump	U12 & U14 Men
11:00 AM	Event #8 Pole Vault	Decathlon Men
11:15 AM	Javelin	U16 & Older Women
11:35 AM	Long Jump	U12 & U14 Women 3 Attempts
11:45 AM	Event #4 High Jump	Pentathlon Men
11:45 AM	Event #4 Long Jump	Pentathlon Women 3 Attempts
12:45 PM	Javelin	U16 & Older Men

LUNCH

1:00 PM	Long Jump	U16 & Older Women
1:00 PM	High Jump	U16 & Older Men
1:30 PM	Event #9 Javelin	Decathlon Men- 3 Attempts
2:00 PM	Hammer	All Men & Women
2:30 PM	Long Jump	U16 & Older Men
2:30 PM	High Jump	U16 & Older Women



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