

GO Classic/WCSG Trials
July 5th & 6th, 2019
University of Manitoba Stadium

TENTATIVE Schedule

Events can run up to 15 mins ahead of schedule

Friday, July 5th - TRACK

6:00 PM	100m	WCSG Decathlon Men
6:05 PM	100mH	WCSG Heptathlon Women
6:10 AM	400m Heats	WCSG Women
6:20 PM	400m Heats	WCSG Men
6:30 PM	100m Timed Finals	U16 & Up Women
6:35 PM	100m Heats	WCSG Women
6:40 PM	100m Heats	WCSG Men
6:45 PM	100m Timed Finals	U16 & Up Women
6:50 PM	80m Timed Final	U12 & U14 Women
6:55 PM	80m Timed Final	U12 & U14 Men
7:05 PM	1500m Timed Finals	WCSG + Open Women
7:15 PM	1500m Timed Finals	WCSG + Open Men
7:25 PM	300m Timed Finals	U14 & U16 Women
7:35 PM	300m Timed Finals	U14 & U16 Men
7:45 PM	1200m	Open Women
7:55 PM	1200m	Open Men
8:05 PM	100m Final	WCSG Women
8:10 PM	100m Final	WCSG Men
8:15 PM	200m	WCSG Heptathlon Women
8:20 PM	400m Timed Final	Open Women
8:30 PM	400m Final	WCSG Women
8:40 PM	400m Final	WCSG Men
8:50 PM	400m Timed Final	Open Men
9:00 PM	400m	WCSG Decathlon Men

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Friday, July 5th - FIELD

5:30 PM	Shot Put (infield)	U12, U14 & U16 Men & Women
6:00 PM	Pole Vault	WCSG + Open Men & Women
6:00 PM	Discus	WCSG & U14 & Older Men
6:00 PM	Triple Jump	WCSG + U18 & Older Men
6:15 PM	Long Jump	WCSG Decathlon Men
6:15 PM	High Jump	WCSG Heptathlon Women
6:45 PM	Shot Put (infield)	WCSG + U18 & Older Women
7:30 PM	Triple Jump	WCSG + U18 & Older Women
7:30 PM	Shot Put	WCSG Decathlon Men
7:30 PM	Shot Put	WCSG Heptathlon Women
8:00 PM	Discus	WCSG + U14 & Older Women
8:15 PM	Shot Put (infield)	WCSG + U18 & Older Men
8:30 PM	High Jump	WCSG Decathlon Men

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Saturday, July 6th - TRACK

8:20 AM	5km Race Walk	WCSG Women
9:00 AM	5km Race Walk	WCSG Men
9:45 AM	80mH	U14 & U16 Women
9:50 AM	80mH	U14 Men
10:00 AM	100mH	U18 Women
10:10 AM	100mH	WCSG Women
10:15 AM	100mH	Open Women
10:25 AM	100mH	U16 Men
10:30 AM	110mH	WCSG Decathlon Men
10:35 AM	110mH	WCSG Men
10:40 AM	110mH	Open Men
10:50 AM	3000m Timed Final	WCSG/Open Women
11:05 AM	3000m Timed Final	WCSG/Open Men
11:25 AM	200m Timed Final	Open Women
11:30 AM	200m Heats	WCSG Women
11:40 AM	200m Heats	WCSG Men
11:50 AM	200m Timed final	Open Men
12:15 PM	800m	WCSG Heptathlon Women
<u>LUNCH</u>		
1:00 PM	400mH Timed Final	Open Women
1:00 PM	400mH Final	WCSG Women
1:10 PM	400mH Final	WCSG Men
1:15 PM	400mH Timed Final	Open Men
1:25 PM	600m Timed Final	Open Women
1:30 PM	600m Timed Final	Open Men
1:40 PM	150m Timed Finals	U14 & U16 Women
1:50 PM	150m Timed Finals	U14 & U16 Men
2:00 PM	200m Final	WCSG Women
2:05 PM	200m Final	WCSG Men
2:25 PM	1500m	WCSG Decathlon Men
2:35 PM	800m	WCSG/Open Women
2:45 PM	800m	WCSG/Open Men
2:50 PM	2000m	U16 Women
3:00 PM	2000m	U16 Men
3:10 PM	4x100m	Open Women & Men
3:20 PM	4x400m	Open Women & Men

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Saturday, July 6th - FIELD

FIELD

9:00 AM	Ball Throw	U12 & U14 Men
9:30 AM	Ball Throw	U12 & U14 Women
9:30 AM	Long Jump	U12, U14 & U16 Men
10:00 AM	High Jump	U12, U14 & U16 Women
10:15 AM	Discus	WCSG Decathlon Men
10:45 AM	Long Jump	WCSG + U18 & Older Women
10:45 AM	Long Jump	WCSG Heptathlon Women
10:45 AM	Javelin	WCSG + U14 & Older Women
11:00 AM	High Jump	WCSG + U18 Older Men
11:00 AM	Pole Vault	WCSG Decathlon Men
11:30 AM	Javelin	WCSG Heptathlon Women
<u>LUNCH</u>		
1:00 PM	Long Jump	U12, U14 & U16 Women
1:00 PM	Javelin	WCSG + U14 & Older Men
1:00 PM	High Jump	U12, U14 & U16 Men
1:30 PM	Javelin	WCSG Decathlon Men
2:30 PM	Long Jump	WCSG + U18 & Older Men
2:30 PM	High Jump	WCSG + U18 & Older Women
2:30 PM	Hammer	All Men & Women