



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 13th and 14th, 2019

James Daly Fieldhouse, Max Bell Centre, U of Manitoba

TENTATIVE Schedule

Track Events will be run from Fastest to Slowest heats

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

Friday Dec 13th - TRACK

6:00 PM	60m	Heptathlon Men
	60m	Men (All Ages)
6:30 PM	60m	Women (All Ages)
7:00 PM	1200m	U14 & U16 Men
7:05 PM	1200m	U14 & U16 Women
7:15 PM	400m	U18 & up Men
7:25 PM	400m	U18 & up Women
7:40 PM	300m	U14 & U16 Men
7:50 PM	300m	U14 & U16 Women
8:00 PM	1500m	U18 & up Men
8:15 PM	1500m	U18 & up Women

Friday Dec 13th - FIELD

6:00 PM	Pole Vault	U16 & up Women
6:15 PM	Long Jump	U12/U14 Men (outside pit)
6:30 PM	Shot Put	U12/U14 Men & Women
6:30 PM	Long Jump	Heptathlon Men (inside pit)
7:00 PM	Triple Jump	U16 & up Men (inside pit)
7:00 PM	Long Jump	U12/U14 Women (outside pit)
7:15 PM	Shot Put	U16 & up Men & Heptathlon
7:15 PM	Triple Jump	U16 & up Women (inside pit)
7:50 PM	Shot Put	U16 & up Women
8:00 PM	High Jump	Heptathlon Men



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Saturday Dec 14th - TRACK

10:00 AM	60m Hurdles	Heptathlon & Sr Men
	60m Hurdles	U14 - U20 Men
10:10 AM	60m Hurdles	Pentathlon & Sr Women
	60m Hurdles	U14 - U20 Women
10:20 AM	2000m	U16 Men
10:30 AM	2000m	U16 Women
10:40 AM	3000m	U18 & Up Women
10:55 AM	3000m	U18 & Up Men
11:10 AM	150m	U12/U14 Men
11:15 AM	150m	U12/U14 Women
11:35 AM	200m	U16 & up Men
11:55 AM	200m	U16 & up Women
12:15 PM	600m	Men (All Ages)
12:45 PM	600m	Women (All Ages)
1:00 PM	1000m	Heptathlon Men
1:15 PM	4x400m Relay	U18 & up Men
1:30 PM	4x400m Relay	U18 & up Women
1:14 PM	800m	Pentathlon Women

Saturday Dec 14th - FIELD

10:00 AM	Stdg Long Jump	U12/U14 Men & Women (outside pit)
10:45 AM	Pole Vault	Heptathlon & U 16 & up Men
10:45 AM	High Jump	Pentathlon Women
11:00 AM	Long Jump	U16 & Up Men (inside pit)
11:30 AM	High Jump	Women (all ages)
12:00 PM	Shot Put	Pentathlon Women
1:00 PM	High Jump	Men (all ages)
1:30 PM	Weight Throw	U18 & Up Women & Men
1:45 PM	Long Jump	Pentathlon & U16 & up Women (inside pit)