Date: Saturday, May 28, 2022

Sanction: Athletics Manitoba

Host : **Tough Track Club**

Venue: University of Manitoba Stadium

Entries: **1)** All participants must be a member of Athletics Manitoba, or Provincial Association recognized by

Athletics Canada

**2)** **Entry Fees**

$10 .00 per individual event

$15.00 for relays

\*\* All entries must be paid for online \*\*

**3)** **Entry Deadline: Tuesday May 24 2022 by 11:59pm**

Please ensure that your entries are in on time. It will allow us to get the schedule out as soon as possible.

**4)** Entries must be done online using TrackieReg.com. The link to the online registration will be posted on the Athletics Manitoba website : **http://athleticsmanitoba.com**

**5)** **NO** late entries will be accepted

**6)** Seeded sections – Please submit **accurate seed performances**

**7)** All Relay Team members must be from the Same Club or School

**AGE CLASSES FOR 2022:**  U12: BORN IN 2011 or Later

U!14: BORN IN 2009 & 2010

U16: BORN IN 2007 & 2008

U18: BORN IN 2005 & 2006

U20: BORN IN 2003 & 2004

SENIOR: BORN IN 2002 & EARLIER

MASTERS: BORN IN 1987 & EARLIER

**TENTATIVE SCHEDULE**

**EVENTS MAY RUN UP TO 10 MINUTES AHEAD OF SCHEDULE**

***\*\* The Final Schedule will be produced as soon as possible once all entries are received***

**Saturday, May 28, 2022**

**TRACK**

9:00 am 2000m Final (U14 & U16 Women)

9:15 am 2000m Final (U14 & U16 Women)

9:30 am 3000m Final (U18 & Older Women)

9:50 am 3000m Final (U18 & Older Men)

10:10 am 300m Final (U14 & U16 Women)

10:15 am 300m Final (U14 & U16 Men)

10:30 am 400m Final (U18 & Older Women)

10:45 am 400m Final (U18 & Older Men)

11:00 am 80m Final (U12 & U14 Women)

11:15 am 80m Final (U12 & U14 Men)

11:30 am 100m Final (U16 & Older Women)

11:45 am 100m Final (U16 & Older Men)

12:00 pm 600m (U12 Men & Women)

12:15 pm 800m (U14 & Older Men & Women)

**Lunch Break**

1:00 pm 80m Hurdles (U14 & U16 Women)

1:05 pm 80m Hurdles (U14 Men)

1:10 pm 100m Hurdles (U18 & Older Women)

1:15 pm 100m Hurdles (U16 & U18 Men)

1:20 pm 110m Hurdles (U20 & Older Men)

1:30 pm 150m (U12 & U14 Men & Women)

1:45 pm 200m (U16 & Older Men & Women)

2:15pm 1200m Final (U14 & U16 Women)

2:30pm 1200m Final (U14 & U16 Men)

2:45 pm 1500m Final (U18 & Older Women)

3:00 pm 1500m Final (U18 & Older Men)

3:20 pm 4 x 100m Final (Women)

3:30 pm 4 x 100m Final (Men)

**FIELD**

9:00 am Shot Put (U12 & U14 Women & Men)

9:30 am Pole Vault (Men)

9:30 am Standing Long Jump (U12 & U14 Men & Women)

10:00 am Shot Put (U16 & Older Women)

10:15 am Women’s Long Jump (All Women)

10:30 am Ball Throw (U12 & U14 Men & Women)

11:30 am Triple Jump (U16 & Older Men)

11:00 am Pole Vault (Women)

11:15 am Shot Put (U16 & Older Men)

**Lunch Break**

12:45 pm Discus (Women)

1:15 pm Triple Jump (U16 & Older Women)

1:30 pm High jump (All Men)

2:00 pm Discus (Men)

2:30 pm Long Jump (All Men)

2:45 pm High Jump (All Women)