



## 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 17th & 18th, 2022

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 17th, Track

5:30 PM	<b>Event #1</b> 100m	Decathlon Men
5:35 PM	<b>Event #1</b> 100mH	Heptathlon Women
5:40 PM	100m Heats	U16 Men
5:50 PM	100m Heats	U16 Women
6:00 PM	100m Heats	U18 & Older Men
6:10 PM	100m Heats	U18 & Older Women
6:20 PM	80m Timed Finals	U12/U14 Men
6:30 PM	80m Timed Finals	U12/U14 Women
6:40 PM	1500m Steeplechase	U16 Women
6:50 PM	1500m Steeplechase	U16 Men
7:00 PM	2000m Steeplechase	U18 & U20 Women
7:10 PM	2000m Steeplechase	U18/Masters Men
7:25 PM	3000m Steeplechase	Senior Women
7:40 PM	3000m Steeplechase	U20 & Older Men
7:55 PM	100m Finals	U16 & Older Men
8:05 PM	100m Finals	U16 & Older Women
8:15 PM	1200m Timed Finals	U14/U16 Men
8:20 PM	1200m Timed Finals	U14/U16 Women
8:25 PM	<b>Event #4</b> 200m	Heptathlon Women
8:30 PM	1500m Timed Finals	U18 & Older Men
8:40 PM	1500m Timed Finals	U18 & Older Women
8:50 PM	300m Timed Finals	U14/U16 Men
8:55 PM	300m Timed Finals	U14/U16 Women
9:05 PM	400m Timed Finals	U18 & Older Men
9:15 PM	400m Timed Finals	U18 & Older Women
9:25 PM	<b>Event #5</b> 400m	Decathlon Men



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#### Friday, June 17th, Field

5:30 PM	Shot Put	U12/U14 Men & Women- <b>3 Attempts</b>
6:00 PM	<b>Event #2</b> Long Jump	Decathlon Men- <b>3 Attempts</b>
6:00 PM	<b>Event #2</b> High Jump	Heptathlon Women
6:00 PM	Pole Vault	U16 & Older Men
6:00 PM	Discus	U14 & Older Men
6:30 PM	Shot Put	U16 & Older Women
6:45 PM	Standing Long Jump	U12/U14 Men & Women- <b>3 Attempts</b>
6:45 PM	Discus	U14 & Older Women
7:15 PM	<b>Event #3</b> Shot Put	Decathlon Men- <b>3 Attempts</b>
7:15 PM	<b>Event #3</b> Shot Put	Heptathlon Women- <b>3 attempts</b>
7:30 PM	Triple Jump	U16 & Older Men
7:30 PM	Pole Vault	U16 & Older Women
8:00 PM	Shot Put	U16 & Older Men
8:30 PM	Triple Jump	U16 & Older Women
8:30 PM	<b>Event #4</b> High Jump	Decathlon Men



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#### Saturday Morning, June 18th, Track

10:00 AM	<b>Event #1</b> 80mH	Pentathlon Women (U16)
10:00 AM	80mH Timed Finals	U14 Men, U14 & U16 Women
10:05 AM	<b>Event #1</b> 100mH	Pentathlon Men (U16)
10:05 AM	100mh Timed Final	U16 Men
10:10 AM	100mh Timed Final	U18 & Older Women
10:20 AM	110mh Timed Final	U20 & Older Men
10:20 AM	<b>Event #6</b> 110mh	Decathlon Men
10:30 AM	3000m Timed Final	U18 & Older Men
10:45 AM	3000m Timed Final	U18 & Older Women
11:00 AM	150m Timed Final	U12 & U14 Men
11:05 AM	150m Timed Final	U12 & U14 Women
11:10 AM	200m Heats	U16 Men
11:15 AM	200m Heats	U16 Women
11:20 AM	200m Heats	U18 & Older Men
11:30 AM	200m Heats	U18 & Older Women
11:40 AM	600m Timed Final	U12 Men & Women
11:50 AM	<b>Event #7</b> 800m	Heptathlon Women



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#### Saturday Afternoon, June 18th, Track

1:00 PM	200mH Timed Final	U16 Men & Women
1:15 PM	400mH Timed Final	U20 and Older Men & Women
1:35 PM	4x100 Relays	All Men & Women
2:00 PM	<b>Event #5</b> 800m	Pentathlon Women (U16)
2:10 PM	<b>Event #5</b> 1000m	Pentathlon Men (U16)
2:15 PM	<b>Event #10</b> 1500m	Decathlon Men
2:25 PM	200m Finals	U16 & Older Men
2:35 PM	200m Finals	U16 & Older Women
2:45 PM	800m Timed Finals	U14 & U16 Men
3:00 PM	800m Timed Finals	U14 & U16 Women
3:10 PM	800m Timed Finals	U18 & Up Men
3:20 PM	800m Timed Finals	U18 & Up Women
3:30 PM	2000m Timed Final	U14 & U16 Men
3:40 PM	2000m Timed Final	U14 & U16 Women
3:50 PM	4x400m Relays	All Men & Women



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#### Saturday Morning, June 18th, Field

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

#### Saturday Afternoon, June 18th, Field

1:00 PM	<b>Event #4</b> High Jump	Pentathlon Men
1:00 PM	<b>Event #4</b> Long Jump	Pentathlon Women - 3 Attempts
1:30 PM	<b>Event #9</b> Javelin	Decathlon Men-3 Attempts
2:00 PM	Long Jump	U12 & U14 Women - 3 Attempts
2:00 PM	High Jump	U12 & U14 Men
2:30 PM	Hammer	All Men & Women
3:00 PM	High Jump	U16 & Older Women
3:00 PM	Long Jump	U16 & Older Men