



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 8th and 9th 2023

James Daly Fieldhouse, Max Bell Centre, U of Manitoba

Tentative Schedule

60m will be run slowest to fastest

***All remaining Track Events will be run Fastest to Slowest ***

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

Friday Dec 8th - TRACK

6:00 PM	60m	Heptathlon Men
6:05 PM	60m	Men (All Ages)
6:30 PM	60m	Women (All Ages)
7:00 PM	1200m	U14 & U16 Men
7:10 PM	1200m	U14 & U16 Women
7:20 PM	400m	U18 & up Men
7:35 PM	400m	U18 & up Women
7:50 PM	300m	U14 & U16 Men
7:55 PM	300m	U14 & U16 Women
8:10 PM	1500m	U18 & up Men
8:20 PM	1500m	U18 & up Women

Friday Dec 8th - FIELD

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



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***All Saturday Track Events will be run Fastest to Slowest ***

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

Saturday Dec 9th - TRACK

10:00 AM	60m Hurdles	Senior & Heptathlon Men
10:05 AM	60m Hurdles	U18 & up & Pentathlon Women
10:10 AM	60m Hurdles	U14/U16/U18 Men
10:15 AM	60m Hurdles	U14/U16 Women
10:25 AM	2000m	U16 Men
10:35 AM	2000m	U16 Women
10:45 AM	3000m	U18 & up Men
11:00 AM	3000m	U18 & up Women
11:15 AM	800m	U14 & up Men
11:25 AM	800m	U14 & up Women
11:35 AM	150m	U12/U14 Men
11:40 AM	150m	U12/U14 Women
11:45 AM	150m	Master Men
11:50 AM	150m	Master Women
12:40 PM	200m	U16 & up Men
1:05 PM	200m	U16 & up Women
1:35 PM	1000m	Heptathlon Men
1:45 PM	600m	Men (All Ages)
1:55 PM	600m	Women (All Ages)
2:05 PM	800m	Pentathlon Women
2:10 PM	4x200m Relay	U14 & up Men
2:15 PM	4x200m Relay	U14 & up Women
2:20 PM	4x100m Relay	U12 & up Men
2:30 PM	4x100m Relay	U12 & up Women



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

Saturday Dec 9th - FIELD

10:00 AM	Stdg Long Jump	U12/U14 Men & Women (outside pit)
10:45 AM	Long Jump	U16 & Up Men (inside pit)
11:00 AM	Pole Vault	Heptathlon & U16 & up Men & Women
11:00 AM	High Jump	Women (all ages) & Pentathlon Women
12:00 PM	Long Jump	U16 & up Women (inside pit)
12:30 PM	Shot Put	Pentathlon Women
12:30 PM	High Jump	Men (all ages)
1:00 PM	Long Jump	Pentathlon Women
1:15 PM	Weight Throw	U16 & Up Women & Men