

# GOLDEN BEAR OPEN 2024

Live results UNI: <http://www.windsortiming.com/LiveResults/2024/GoldenBearOpen/>

Live results Club: <https://www.ellistiming.ca/>

Web stream: [www.canadawest.tv](http://www.canadawest.tv)

## FRIDAY JANUARY 19, 2024 GOLDEN BEAR OPEN FINAL - USPORTS SECTIONS

Time	Event	Category	Gender	Heat/Final	# of heats	Notes
3:00PM	60m	UNI	Men-HEP		2	
3:10PM	60mH	UNI	Women-PENT		2	
3:16PM	60mH	UNI	Women	Heats	2	
3:30PM	60m	UNI	Men	Heats	5	
3:50PM	60m	UNI	Women	Heats	3	
4:20PM	60mH	UNI	Women	Final	1	
5:00PM	4x200m	UNI	Men	Timed Final	2	
5:15PM	4x200m	UNI	Women	Timed Final	1	
5:40PM	800m	UNI	Men	Timed Final	1	
5:45PM	4x800m	UNI	Men	Timed Final	1	
6:00PM	800m	UNI	Women	Timed Final	1	
6:05PM	4x800m	UNI	Women	Timed Final	1	
6:20PM	3000m	UNI	Men	Timed Final	2	
6:50PM	3000m	UNI	Women	Timed Final	1	
7:10PM	2000m	Club-U16	Men	Timed Final	1	
7:20PM	2000m	Club-U16	Women	Timed Final	1	
7:30PM	3000m	Club-Open	Men	Timed Final	1	
7:45PM	3000m	Club-Open	Women	Timed Final	1	
8:05PM	800m	UNI	Women-PENT		1	

## SATURDAY JANUARY 20, 2024 GOLDEN BEAR OPEN FINAL - USPORTS SECTIONS

**\*\*Hep Hurdles & UNI hurdle heats in AM club window\*\***

Time	Event	Category	Gender	Heat/Final	# of heats	Notes
10:55AM	60mH	UNI	Men-HEP		2	
11:05AM	60mH	UNI	Men	Heats	2	
1:00PM	60mH	UNI	Men	Final	1	
1:10PM	60m	UNI	Men	Semi	2	2 semi's of 9
1:16PM	60m	UNI	Women	Semi	2	2 semi's of 8
1:25PM	600m	UNI	Men	Timed Final	3	
1:37PM	600m	UNI	Women	Timed Final	3	
2:00PM	300m	UNI	Men	Timed Final	7	
2:25PM	300m	UNI	Women	Timed Final	3	
2:40PM	60m	UNI	Men	Final	1	
2:45PM	60m	UNI	Women	Final	1	
3:00PM	1500m	UNI	Men	Timed Final	3	
3:21PM	1500m	UNI	Women	Timed Final	2	
3:35PM	1000m	UNI	Men	Timed Final	2	
3:43PM	1000m	UNI	Women	Timed Final	1	
3:47PM	1000m	UNI	Men-HEP	Timed Final	1	
3:55PM	4x400m	UNI	Men	Timed Final	2	
4:05PM	4x400m	UNI	Women	Timed Final	1	

## GOLDEN BEAR OPEN 2024 FIELD EVENTS

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### FRIDAY JANUARY 19, 2024 GOLDEN BEAR OPEN FINAL - USPORTS SECTIONS

<i>Centre Pit: Long Jump Men</i>				<i>Centre Cage: Throws</i>			
Start Time	Event	Category	Gender	Start Time	Event	Category	Gender
3:00PM	Long Jump	UNI	Men	3:00PM	Shot Put	UNI	Women
14 total. Done ~4:10PM				4:50PM	Shot Put	UNI	Men-HEP
<i>Centre Pit: Long Jump Women</i>				<i>Multi's Summary PENT</i>			
Start Time	Event	Category	Gender	Start Time	Event	Category	Gender
5:00PM	Long Jump F1 (6)	UNI	Women	3:10PM	60mH	UNI	Women-PENT
6:00PM	Long Jump F2 (11)	UNI	Women	3:45PM	High Jump	UNI	Women-PENT
~6:35PM	Long Jump Final	UNI	Women	5:45PM	Shot Put	UNI	Women-PENT
17 total. Done ~7:00PM				6:50PM	Long Jump	UNI	Women-PENT
<i>Wall Pit: Long Jump</i>				<i>Multi's Summary - HEP</i>			
Start Time	Event	Category	Gender	Start Time	Event	Category	Gender
3:35PM	Long Jump	UNI	Men-HEP	3:00PM	60m	UNI	Men-HEP
6:50PM	Long Jump	UNI	Women-PENT	3:35PM	Long Jump	UNI	Men-HEP
Wall Pit in use ~3:00-4:20 + 6:20-7:40PM				4:50PM	Shot Put	UNI	Men-HEP
<i>Pole Vault</i>				<i>Multi's Summary - HEP</i>			
Start Time	Event	Category	Gender	Start Time	Event	Category	Gender
3:30PM	Pole Vault	UNI	Men	6:00PM	High Jump	UNI	Men-HEP
6:00PM	Pole Vault	UNI	Women				
6 men; 7 women. Done ~ 7:30PM							

### SATURDAY JANUARY 20, 2024 GOLDEN BEAR OPEN FINAL - USPORTS SECTIONS

#### FIELD EVENTS

<i>Centre Cage: Throws</i>				<i>Vertical Jumps</i>			
Start Time	Event	Category	Gender	Start Time	Event	Category	Gender
9:45AM	Weight Throw	UNI	Women	11:00AM	High Jump	UNI	Men
10:30AM	Weight Throw F2	UNI	Women	1:15PM	High Jump	UNI	Women
~11:00AM	WT Final	UNI	Women	12:00PM	Pole Vault	UNI	Men-HEP
Noon	WT Final	UNI	Men				
<i>Centre Pit: Triple Jump</i>				<i>Multi's Summary</i>			
Start Time	Event	Category	Gender	Start Time	Event	Category	Gender
1:30PM	Triple Jump	UNI	Men	10:45AM	60mH	UNI	Men-HEP
3:00PM	Triple Jump	UNI	Women	Noon	Pole Vault	UNI	Men-HEP
				3:30PM	1000m	UNI	Men-HEP

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**SATURDAY JANUARY 20, 2024 GOLDEN BEAR OPEN FINAL - CLUB SECTIONS - FIELD EVENTS**

Time	Event	Category	Gender	Heat/Final	# of heats	Notes
9:35AM	60m WC	Wheelchair	Men / Women	Heats		
9:40AM	60m	Para-AMB	Men	Heats		
9:45AM	60m	U16	Men	Heats	2	
9:51AM	60m	U16	Women	Heats	4	
10:03AM	60m	U18	Men	Heats	3	
10:12AM	60m	U18	Women	Heats	3	
10:25AM	60m	Open	Men	Heats	5	
10:49AM	60m	Open	Women	Heats	2	
10:55AM	60mH	UNI	Men-HEP		2	
11:05AM	60mH	UNI	Men	Heats	2	
11:15AM	1000m	U16 + U18	Men	Timed Final	1	
11:20AM	1000m	Open	Men	Timed Final	1	
11:25AM	1000m	U16 + U18	Women	Timed Final	1	
11:30AM	1000m	Open	Women	Timed Final	1	
11:40AM	60m	U16	Men	Final	1	
11:43AM	60m	U16	Women	Final	1	
11:46AM	60m	U18	Men	Final	1	
11:49AM	60m	U18	Women	Final	1	
11:52AM	60m	Open	Men	Final	2	
11:58AM	60m	Open	Women	Final	1	
12:05PM	60m	Para-AMB	Men	Final		
12:10PM	60m WC	Wheelchair	Men / Women	Final		
<b>1:00PM - 4:15PM USPORTS Window of track competition</b>						
5:15PM	60MH	Club-Masters	Women	Final	1	12/7.5m 27"
5:20PM	60MH	Club-U16	Women	Final	1	12/8.0m 30" green
5:25PM	60MH	Club-U18	Women	Final	1	13/8.5m 30" Yellow
5:30PM	60MH	Club-U20/Open	Women	Final	1	13/8.5m 33" Yellow
5:35PM	60MH	Club-U16	Men	Final	1	13/8.5m 33" Yellow
5:40PM	60MH	Club-U18	Men	Final	1	13.72/9.14 36" blue
5:45PM	60MH	Club-U20	Men	Final	1	13.72/9.14 39" blue
5:45PM	60MH	Club-Open	Men	Final	1	13.72/9.14 42" blue
6:15PM	60MH	Club-Masters	Women	Final	1	12/7.5m 27"
6:20PM	60MH	Club-U16	Women	Final	1	12/8.0m 30" green
6:25PM	60MH	Club-U18	Women	Final	1	13/8.5m 30" Yellow
6:30PM	60MH	Club-U20/Open	Women	Final	1	13/8.5m 33" Yellow
6:35PM	60MH	Club-U16	Men	Final	1	13/8.5m 33" Yellow
6:40PM	60MH	Club-U18	Men	Final	1	13.72/9.14 36" blue
6:45PM	60MH	Club-U20	Men	Final	1	13.72/9.14 39" blue
6:45PM	60MH	Club-Open	Men	Final	1	13.72/9.14 42" blue
7:15PM	300m	Club-Open	Men	Timed Final	3	
7:24PM	300m	Club-Open	Women	Timed Final	2	
7:30PM	300m	Club-U18	Men	Timed Final	4	
7:42PM	300m	Club-U18	Women	Timed Final	2	
7:48PM	300m	Club-U16	Men	Timed Final	1	
7:51PM	300m	Club-U16	Women	Timed Final	3	

**SUNDAY JANUARY 21, 2024 GOLDEN BEAR OPEN FINAL - CLUB SECTIONS**

Time	Event	Category	Gender	Heat/Final	# of heats	Notes
10:00AM	60mH	U12: 24"	Men	Heats	2	24"/12-7m
10:04M	60mH	U12: 24"	Women	Heats	2	24"/12-7m
10:08AM	60mH	U14: 30"	Men	Heats	1	30" 12-7.5m
10:10AM	60mH	U14: 30"	Women	Heats	4	30" 12-7.5m
10:20AM	1500m	Club-Open	Men	Timed Final	1	
10:27AM	1500m	Club-U18	Men	Timed Final	1	
10:34AM	1500m	Club-Open	Women	Timed Final	1	
10:34AM		Club-U18	Women	Timed Final	1	
10:45AM	1200m	Club-U16	Men	Timed Final	1	
10:50AM	1200m	Club-U16	Women	Timed Final	1	
11:00AM	60mH	U14: 30"	Men	Heats	1	30" 12-7.5m
11:02AM	60mH	U14: 30"	Women	Heats	4	30" 12-7.5m
11:10AM	60mH	U12: 24"	Men	Heats	2	24"/12-7m
11:14AM	60mH	U12: 24"	Women	Heats	2	24"/12-7m
11:20AM	200m	Club-Open	Men	Timed Final		
11:35AM	200m	Club-U18	Men	Timed Final	5	
11:50AM	200m	Club-U16	Men	Timed Final	2	
11:56AM	200m	Club-Open	Women	Timed Final	2	
12:02PM	200m	Club-U18	Women	Timed Final	4	
12:14PM	200m	Club-U16	Women	Timed Final	4	
12:30PM	150m	Club-U12	Men	Timed Final	1	
12:33PM	150m	Club-U12	Women	Timed Final	1	
12:36PM	150m	Club-U14	Men	Timed Final	1	
12:39PM	150m	Club-U14	Women	Timed Final	2	
12:45PM	600m	Club-Open	Men	Timed Final	2	
12:53PM	600m	Club-U18	Men	Timed Final	1	
12:57PM	600m	Club-U16	Men	Timed Final	1	
1:01PM	600m	Club-Open	Women	Timed Final	1	
1:05PM	600m	Club-U18	Women	Timed Final	2	
1:13PM	600m	Club-U16	Women	Timed Final	3	
1:25PM	800mRW	Club -U16/Open	Women	Timed Final		
1:35PM	1500mRW	Club-Masters	Men & Women	Timed Final		
1:45PM	4x200m	Club U20/U16	Men	Timed Final		
1:50PM	4x200m	Club-U16/20	Women	Timed Final		
1:55PM	4x200m	Club-U18	Women	Timed Final		
2:05PM	4x800m	Club				

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**SATURDAY JANUARY 20, 2024 GOLDEN BEAR OPEN FINAL - CLUB SECTIONS - FIELD EVENTS**

**SATAM Window**

*Centre Pit: Long Jump*

9:45AM	Long Jump F1 (11)	Club-U16	Women

*Wall Pit: Long Jump*

9:45AM	Long Jump F2 (11)	Club-U16	Women
10:15AM	Long Jump Final	Club-U16	Women
11:15AM	Long Jump	Club-U16	Men

**SATURDAY JANUARY 20, 2024 GOLDEN BEAR OPEN FINAL - CLUB SECTIONS - FIELD EVENTS**

**SAT Evening Window**

*Centre Pit: Long Jump*

Start Time	Event	Category	Gender
5:00PM	Long Jump	Club-Open	Men
		Club-U18	Men

13 total. Done ~6:15PM

Start Time	Event	Category	Gender
6:45PM	Long Jump	Club-Open	Women
		Club-Masters	Women

12 total. Done ~8:10PM

*Centre Cage: Throws*

Start Time	Event	Category	Gender
5:00PM	Shot Put	Club-U16	Men
	Shot Put	Club-U18	Men
	Shot Put	Club-U20	Men

6:30PM	Shot Put	Club-Open	Men
	Shot Put	Club-Masters	Men
	Shot Put	Club-Para	Men

10 total

*Wall Pit: Long Jump*

Start Time	Event	Category	Gender
5:00PM	Long Jump	Club-U18	Women

14 total. Done ~6:15PM

*East Circle: Wooden: Throws*

Start Time	Event	Category	Gender
5:00PM	Shot Put	Club-Open	Women
		Club-Masters	Women
		Club-Para	Women

8 total

**POLE VAULT**

Start Time	Event	Category	Gender
5:30PM	Pole Vault	Club-All	

13 total. Done ~7:45PM

Start Time	Event	Category	Gender
6:30PM	Shot Put	Club-U16	Women
		Club-U18/20	Women

12 total

**SUNDAY JANUARY 21, 2024 GOLDEN BEAR OPEN FINAL - CLUB SECTIONS**

*Centre Cage: Throws*

Start Time	Event	Category	Gender
10:00AM	Weight Throw	Club-U18/U16	Men
11:15AM	Weight Throw	Club-U18/U16	Women
12:30PM	Weight Throw	Club U20/Open	Men
12:30PM	Weight Throw	Club Masters	Men
1:45PM	Weight Throw	Club U20	Women
1:45PM	Weight Throw	Club Open	Women
1:45PM	Weight Throw	Club Masters	Women

Throws Wooden

10:30AM	Shot Put	U12	Women
10:30AM	Shot Put	U12	Men
11:30AM	Shot Put	U14	Women
11:30AM	Shot Put	U14	Men

*High Jump*

Start Time	Event	Category	Gender
10:00AM	High Jump	Club-Open	Men
	High Jump	Club-U18	Men
	High Jump	Club-U16	Men

13 total

High Jump

Start Time	Event	Category	Gender
Noon	High Jump	Club-All	Women

12 total

*Triple Jump*

Start Time	Event	Category	Gender
11:00AM	Triple Jump	Club-All	Women
12:45PM	Triple Jump	Club-All	Men