

GOLDEN BEAR OPEN 2025

<https://live.windsortiming.com/meets/42758>

Web stream: www.canadawest.tv

FRIDAY JANUARY 17, 2025 GOLDEN BEAR OPEN FINAL - USPORTS SECTIONS

Time	Event	Category	Gender	Heat/Final	# of heats	Notes
2:30PM	60m	UNI	Men-HEP		1	
2:45PM	60mH	UNI	Women-PENT		1	
3:15PM	60mH	UNI	Men	Heats	2	
3:25PM	60mH	UNI	Women	Heats	2	
3:40PM	60m	UNI	Men	Heats	4	advance to 3 semi's
3:55PM	60m	UNI	Women	Heats	3	advance to 2 semi's
4:30PM	60mH	UNI	Men	Final	1	
4:40PM	60mH	UNI	Women	Final	1	
5:15PM	4x200m	UNI	Men	Timed Final	2	
5:25PM	4x200m	UNI	Women	Timed Final	1	
Track Break ~ 5:35 - 6:20PM						
6:25PM	800m	UNI	Men	Timed Final	1	
6:30PM	4x800m	UNI	Men	Timed Final	1	
6:40PM	800m	UNI	Women	Timed Final	1	
6:45PM	4x800m	UNI	Women	Timed Final	1	
7:00PM	3000m	UNI	Men	Timed Final	1	
7:15PM	3000m	UNI	Women	Timed Final	1	
7:22PM	800m	UNI	Women-PENT	Timed Final	1	

SATURDAY JANUARY 18, 2025 GOLDEN BEAR OPEN FINAL - USPORTS SECTIONS

Time	Event	Category	Gender	Heat/Final	# of heats	Notes
12:15PM	60mH	UNI	Men-HEP		1	
12:25PM	600m	UNI	Men	Timed Final	3	
12:35PM	600m	UNI	Women	Timed Final	3	
12:45PM	300m	UNI	Men	Timed Final	5	
1:00PM	300m	UNI	Women	Timed Final	3	
1:15PM	60m	UNI	Men	Semi's	3	
1:25PM	60m	UNI	Women	Semi's	2	
1:45PM	1500m	UNI	Men	Timed Final	2	
2:00PM	1500m	UNI	Women	Timed Final	1	
2:30PM	60m	UNI	Men	Final	1	
2:35PM	60m	UNI	Women	Final	1	
2:45PM	1000m	UNI	Men	Timed Final	2	
2:55PM	1000m	UNI	Women	Timed Final	2	
3:05PM	1000m	UNI	Men-HEP	Timed Final	1	
3:15PM	4x400m	UNI	Men	Timed Final	2	
3:25PM	4x400m	UNI	Women	Timed Final	1	

Done ~ 3:35PM

GOLDEN BEAR OPEN 2025 FIELD EVENTS

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FRIDAY JANUARY 17, 2025 GOLDEN BEAR OPEN FINAL - USPORTS SECTIONS

<i>Centre Pit: Long Jump Men</i>			
Start Time	Event	Category	Gender
5:15PM	Long Jump	UNI	Men
Done ~ 6:00PM			
<i>Centre Pit: Long Jump Women</i>			
Start Time	Event	Category	Gender
2:30PM	Long Jump F1 (9)	UNI	Women
3:30PM	Long Jump F2 (11)	UNI	Women
~4:05PM	Long Jump Final	UNI	Women
20 Total F1(9); F2(11) Done ~4:30PM			
<i>Wall Pit: Long Jump</i>			
Start Time	Event	Category	Gender
3:05PM	Long Jump	UNI	Men-HEP
Wall Pit in use ~2:30 - 3:40PM			
<i>Vertical Jumps</i>			
Start Time	Event	Category	Gender
3:30PM	High Jump	UNI	Women-PENT
5:45PM	High Jump	UNI	Men-HEP
5:45PM	Pole Vault	UNI	Women
PV = 9 women. Done ~ 7:15PM			

<i>Centre Cage: Throws</i>			
Start Time	Event	Category	Gender
2:30PM	Shot Put	UNI	Women
4:00PM	Shot Put	UNI	Men-HEP
5:20PM	Shot Put	UNI	Women-PENT
6:15PM	Shot Put	UNI	Men
17 Men; 11 Women. Done ~ 7:30PM			
<i>Multi's Summary PENT</i>			
Start Time	Event	Category	Gender
2:45PM	60mH	UNI	Women-PENT
3:30PM	High Jump	UNI	Women-PENT
5:20PM	Shot Put	UNI	Women-PENT
6:30PM	Long Jump	UNI	Women-PENT
7:22PM	800m	UNI	Women-PENT
<i>Multi's Summary - HEP</i>			
Start Time	Event	Category	Gender
2:30PM	60m	UNI	Men-HEP
3:05PM	Long Jump	UNI	Men-HEP
4:00PM	Shot Put	UNI	Men-HEP
5:45PM	High Jump	UNI	Men-HEP

SATURDAY JANUARY 18, 2025 GOLDEN BEAR OPEN FINAL - USPORTS SECTIONS

FIELD EVENTS

<i>Centre Cage: Throws</i>			
Start Time	Event	Category	Gender
10:30AM	Weight Throw	UNI	Women
12:15PM	Weight Throw	UNI	Men
Done ~ 1:45PM			
<i>Centre Pit: Triple Jump</i>			
Start Time	Event	Category	Gender
12:45PM	Triple Jump	UNI	Men
2:00PM	Triple Jump	UNI	Women
Done ~ 3:00PM			

<i>Vertical Jumps</i>			
Start Time	Event	Category	Gender
12:15PM	High Jump	UNI	Women
2:00PM	High Jump	UNI	Men
Done ~ 3:15PM			
<i>Multi's Summary</i>			
Start Time	Event	Category	Gender
12:15PM	60mH	UNI	Men-HEP
1:30PM	Pole Vault	UNI	Men-HEP
2:55PM	1000m	UNI	Men-HEP

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SATURDAY JANUARY 18, 2025 GOLDEN BEAR OPEN FINAL - CLUB SECTIONS

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Time	Event	Category	Gender	Heat/Final	# of heats	Notes
4:45PM	60mH	U18/U20	Men	Heats	1	combined in 1 race
4:50PM	60mH	U16	Men	Heats	1	
4:53PM	60mH	Open	Women	Heats	1	
4:57PM	60mH	U16/U18	Women	Heats	1	combined in 1 race
5:05PM	1000m	All Club	Men	Heats	1	
5:10PM	1000m	U16/U18	Women	Heats	1	
5:15PM	1000m	Open	Women	Heats	1	
5:30PM	60mH	U18/U20	Men	Final	1	combined in 1 race
5:35PM	60mH	U16	Men	Final	1	
5:39PM	60mH	Open	Women	Final	1	
5:43PM	60mH	U16/U18	Women	Final	1	combined in 1 race
5:50PM	300m	U16	Men	Timed Final	1	
5:53PM	300m	U16	Women	Timed Final	1	
5:56PM	300m	U18	Men	Timed Final	2	
6:02PM	300m	U18	Women	Timed Final	2	
6:07PM	300m	Open	Men	Timed Final	3	
6:17PM	300m	Open	Women	Timed Final	1	
6:25PM	3000m	All Club	Men	Final	1	
6:40PM	3000m	All Club	Women	Final	1	

Done ~ 7:00PM

SUNDAY JANUARY 19, 2025 GOLDEN BEAR OPEN FINAL - CLUB SECTIONS

Time	Event	Category	Gender	Heat/Final	# of heats	Notes
10:15AM	60mH	U14	Girls	Heats	1	27" / 7.5m
10:30AM	60mH	U12/U14	Boys	Heats	1	U12 24"/7m U14 27"/7.5
10:35AM	60mH	U12	Girls	Heats	2	24" / 7.0m
10:50AM	1200m	U16	Men	Final	1	
10:55AM	1200m	U16	Women	Final	1	
11:00AM	1500m	All Club	Men	Final	1	
11:07AM	1500m	All Club	Women	Final	1	
11:20AM	60mH	U12/U14	Boys	Heats	1	U12 24"/7m U14 27"/7.5
11:25AM	60mH	U12	Girls	Final	2	B before A
11:30AM	60mH	U14	Girls	Heats	1	27" / 7.5m
11:45AM	60m	U16	Men	Heats	1	all advance
11:48AM	60m	U16	Women	Heats	2	
11:54AM	60m	U18	Men	Heats	1	all advance
11:57AM	60m	U18	Women	Heats	2	
12:03PM	60m	Open	Men	Heats	3	
12:12PM	60m	Open	Women	Heats	1	
12:15PM	60m	Para	W & M	Heats	1	
12:18PM	60m	Wheelchair	Men	Heats	1	
12:21PM	60m	Wheelchair	Women	Heats	1	

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Time	Event	Category	Gender	Heat/Final	# of heats	Notes
12:30PM	600m	U16	Men	Timed Final	1	
12:34PM	600m	U16	Women	Timed Final	1	
12:38PM	600m	U18/Open	Men	Timed Final	2	
12:50PM	600m	Open	Women	Timed Final	1	
1:00PM	60m	U12/U14	Boys	Timed Final	1	
1:03PM	60m	U12	Girls	Timed Final	2	
1:09PM	60m	U14	Girls	Timed Final	2	
1:15PM	60m	U16	Men	Final	1	
1:18PM	60m	U16	Women	Final	1	
1:21PM	60m	U18	Men	Final	1	
1:24PM	60m	U18	Women	Final	1	
1:27PM	60m	Open	Men	Final	2	B before A
1:33PM	60m	Open	Women	Final	1	
1:36PM	60m	Para	W & M	Final	1	
1:39PM	60m	Wheelchair	Men	Final	1	
1:42PM	60m	Wheelchair	Women	Final	1	
1:50PM	800m RW	U18	Women	Timed Final	1	
1:55PM	1500m RW	Masters	Women	Timed Final	1	
Track Break						
2:45PM	150m	U12	Men	Timed Final	1	
2:48PM	150m	U12	Women	Timed Final	2	
2:54PM	150m	U14	Men	Timed Final	1	
2:57PM	150m	U14	Women	Timed Final	2	
3:05PM	200m	U16	Men	Timed Final	2	
3:11PM	200m	U16	Women	Timed Final	2	
3:20PM	200m	U18	Men	Timed Final	2	
3:26PM	200m	U18	Women	Timed Final	3	
3:35PM	200m	Open	Men	Timed Final	4	
3:47PM	200m	Open	Women	Timed Final	1	

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GOLDEN BEAR OPEN 2025 FIELD EVENTS

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SATURDAY JANUARY 18, 2025 GOLDEN BEAR OPEN FINAL- CLUB SECTIONS - FIELD EVENTS

SAT Evening Club Window

Centre Pit: Long Jump

5:00PM	Triple Jump	Club	W & M All
Done ~ 5:45PM			
<i>Centre Cage: Throws</i>			
4:00PM	Shot Put	U16/U18	Men
5:15PM	Shot Put	Open/Master	Men
6:15PM	Shot Put	Club	All Women
Done ~ 7:00PM			

Vertical Jumps

4:30PM	Pole Vault	Club + M U16	W & M All
4:30PM	High Jump	U16/Master	Men
5:45PM	High Jump	U18/Open	Men
Done ~ 6:45PM			

SUNDAY JANUARY 19, 2025 GOLDEN BEAR OPEN FINAL - CLUB SECTIONS - FIELD EVENTS

SUNDAY FIELD

Centre Pit: Long Jump

Start Time	Event	Category	Gender
9:45AM	Long Jump	U12	Wwomen
10:45AM	Long Jump	U16/U18	Men
Break ~12:00 - 12:45PM			
1:15PM	Long Jump	Open / Master	Men
2:45PM	Long Jump	U18	Women
Done ~ 3:45PM			

Centre Cage: Throws

Start Time	Event	Category	Gender
10:15AM	Weight Throw	All Club	Men
11:45AM	Weight Throw	All Club	Women
Break ~12:00-1:00PM			
1:30PM	Shot Put	U12/U14	Boys
2:15PM	Shot Put	U12/U14	Girls
Done ~ 3:00PM			

Wall Pit: Long Jump

Start Time	Event	Category	Gender
9:45AM	Long Jump	U12/14	Men
10:40AM	Long Jump	U14	Women
Break 11:15 - 1:00PM			
1:30PM	Long Jump	U16/Open/	Women
Done ~ 2:30PM			

Vertical Jumps

Start Time	Event	Category	Gender
1:00PM	High Jump	Club U16 &	Women
3:15PM	High Jump	U14	W & M
Done ~ 4:00PM			

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