

GOLDEN BEAR OPEN 2026

<https://live.windsortiming.com/meets/60253>

Web stream: www.canadawest.tv

FRIDAY JANUARY 16, 2026 GOLDEN BEAR OPEN FINAL - USPORTS SECTIONS

Time	Event	Category	Gender	Heat/Final	# of heats	Notes
2:30PM	60m	UNI	Men-HEP		1	
2:40PM	60mH	UNI	Women-PENT		1	
3:10PM	60mH	UNI	Men	Heats	2	
3:20PM	60mH	UNI	Women	Heats	2	
3:40PM	60m	UNI	Men	Heats	5	advance to 3 semi's
4:00PM	60m	UNI	Women	Heats	4	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	2	

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	
TBA ~7:45	800m	UNI	Women-PENT	Timed Final	1	

SATURDAY JANUARY 17, 2026 GOLDEN BEAR OPEN FINAL - USPORTS SECTIONS

Time	Event	Category	Gender	Heat/Final	# of heats	Notes
11:15AM	60mH	UNI	Men-HEP		1	
11:45AM	600m	UNI	Men	Timed Final	3	
12:00PM	600m	UNI	Women	Timed Final	2	
12:15PM	300m	UNI	Men	Timed Final	6	
12:40PM	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	2	
2:30PM	60m	UNI	Men	Final	1	
2:35PM	60m	UNI	Women	Final	1	
2:40PM	1000m	UNI	Men-HEP	Timed Final	1	
2:50PM	1000m	UNI	Men	Timed Final	2	
3:05PM	1000m	UNI	Women	Timed Final	1	
3:30PM	4x400m	UNI	Men	Timed Final	1	
3:40PM	4x400m	UNI	Women	Timed Final	1	

Done ~ 3:50PM

GOLDEN BEAR OPEN 2026 FIELD EVENTS

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FRIDAY JANUARY 16, 2026 GOLDEN BEAR OPEN FINAL - USPORTS SECTIONS

Centre Pit: Long Jump

Start Time	Event	Category	Gender
2:30PM	Long Jump F1 (8)	UNI	Women
3:30PM	Long Jump F2 (10)	UNI	Women
~4:05PM	Long Jump Final	UNI	Women
5:15PM	Long Jump F1 *7)	UNI	Men
6:05PM	Long Jump F2 (12)	UNI	Men
6:50PM	Long Jump Final	UNI	Men

Done ~ 7:20PM

Wall Pit: Long Jump

Start Time	Event	Category	Gender
3:05PM	Long Jump	UNI	Men-HEP
6:45PM	Long Jump	UNI	Women-PENT

Wall Pit in use ~2:30 - 3:40PM + 6:15 - 7:30PM

Vertical Jumps

Start Time	Event	Category	Gender
3:30PM	High Jump	UNI	Women-PENT
5:30PM	High Jump	UNI	Men-HEP
3:00PM	Pole Vault	UNI	Women
5:30PM	Pole Vault	UNI	Men

Done ~ 6:45PM

Centre Cage: Throws

Start Time	Event	Category	Gender
2:30PM	Shot Put	UNI	Men
4:20PM	Shot Put	UNI	Men-HEP
5:30PM	Shot Put	UNI	Women-PENT
6:45PM	Shot Put	UNI	Men

Done ~ 7:30PM

Multi's Summary PENT

Start Time	Event	Category	Gender
2:40PM	60mH	UNI	Women-PENT
3:30PM	High Jump	UNI	Women-PENT
5:30PM	Shot Put	UNI	Women-PENT
6:45PM	Long Jump	UNI	Women-PENT
7:45PM	800m	UNI	Women-PENT

Multi's Summary - HEP

Start Time	Event	Category	Gender
2:30PM	60m	UNI	Men-HEP
3:05PM	Long Jump	UNI	Men-HEP
4:20PM	Shot Put	UNI	Men-HEP
5:30PM	High Jump	UNI	Men-HEP

SATURDAY JANUARY 17, 2026 GOLDEN BEAR OPEN FINAL - USPORTS SECTIONS

FIELD EVENTS

Centre Cage: Throws

Start Time	Event	Category	Gender
9:45AM	Weight Throw F1(8)	UNI	Men
10:40AM	Weight Throw F2 (12)	UNI	Men
11:15AM	Weight Throw Final	UNI	Men
2:30PM	Weight Throw	UNI	Women

Done ~ 3:40PM

Centre Pit: Triple Jump

Start Time	Event	Category	Gender
12:15PM	Triple Jump	UNI	Men
2:00PM	Triple Jump	UNI	Women

Done ~ 3:15PM

Vertical Jumps

Start Time	Event	Category	Gender
11:45AM	High Jump	UNI	Women
2:00PM	High Jump	UNI	Men

Done ~ 3:15PM

Multi's Summary

Start Time	Event	Category	Gender
11:15AM	60mH	UNI	Men-HEP
12:30PM	Pole Vault	UNI	Men-HEP
2:40PM	1000m	UNI	Men-HEP

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SATURDAY JANUARY 17, 2026 GOLDEN BEAR OPEN FINAL- CLUB SECTIONS - FIELD EVENTS

SAT Evening Club Window

Centre Pit: Long Jump

4:30PM	Triple Jump	U16/18/O	Men
5:30PM	Triple Jump	U16/18/O	Women

Done ~ 6:45PM

Vertical Jumps

4:30PM	Pole Vault	2.00m Open Height
4:30PM	Pole Vault	3.00m Open Height
5:30PM	High Jump	U16/18/open/Mas Men

Centre Cage: Throws

5:00PM	Shot Put	U20/Sr/Mas Men
6:25PM	Shot Put	U18/20/Sr/Master/Para women

Done ~ 7:15PM

Wooden Circle - west end

5:15PM	Shot Put	U16/18 Men
6:30PM	Shot Put	U16/Masters Women

SUNDAY JANUARY 18, 2026 GOLDEN BEAR OPEN FINAL - CLUB SECTIONS - FIELD EVENTS

SUNDAY FIELD

Wall Pit: Long Jump

Start Time	Event	Category	Gender
9:30AM	Long Jump	U12/14	Boys
10:30AM	Long Jump	U12/14	Girls
11:30AM	Long Jump	U14	Girls
1:00PM	Long Jump	U16/Master	Women

Done ~ 2:15PM

Centre Pit: Long Jump

Start Time	Event	Category	Gender
11:15AM	Long Jump	U16/U18	Men
12:45PM	Long Jump	Opn/Mast	Men
2:30PM	Long Jump	Open/Para	Women
3:40PM	Long Jump	U18	Women

Done ~ 4:45PM

Centre Cage: Throws

Start Time	Event	Category	Gender
9:30AM	Weight Throw	All Club	Men
12:00PM	Weight Throw	All Club	Women

Done ~ 1:15PM

2:30PM	Shot Put	U12	Boys & Girls
3:20PM	Shot Put	U14	Boys
4:00PM	Shot Put	U14	Girls

Done ~ 4:45PM

Vertical Jumps

Start Time	Event	Category	Gender
10:00AM	High Jump	U16/Mast	Women
12:00PM	High Jump	U18	Women
2:00PM	High Jump	U14	Boys/Girls

Done ~ 4:00PM

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SATURDAY JANUARY 17, 2026 GOLDEN BEAR OPEN FINAL - CLUB SECTIONS

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Time	Event	Category	Gender	Heat/Final	# of heats	Notes
4:50PM	60mH	U18/U20	Men	Heats	1	combined in 1 race
5:00PM	60mH	Open	Women	Heats	1	
5:05PM	60mH	U16/U18	Women	Heats	1	combined in 1 race
5:20PM	1000m	U16/Open	Men	Heats	1	
5:25PM	1000m	U18	Men	Heats	1	
5:30PM	1000m	All Club	Women	Heats	1	
5:45PM	60mH	Open	Men	Final	1	combined in 1 race
5:50PM	60mH	U18/U20	Men	Final	1	
6:00PM	60mH	Open	Women	Final	1	
6:05PM	60mH	U16/U18	Women	Final	1	combined in 1 race
6:15PM	300m	U16/U18	Men	Timed Final	2	
6:21PM	300m	U16/18	Women	Timed Final	2	
6:27PM	300m	Open	Men	Timed Final	4	
6:39PM	300m	Open	Women	Timed Final	4	
6:55PM	2000m	U16	Women	Timed Final	1	
7:00PM	3000m	All Club	Men	Final	1	
7:15PM	3000m	All Club	Women	Final	1	
7:30PM	4x200m	All Club	Women	Timed Final	1	

Done ~ 7:35PM

SUNDAY JANUARY 17, 2026 GOLDEN BEAR OPEN FINAL - CLUB SECTIONS

Time	Event	Category	Gender	Heat/Final	# of heats	Notes
9:30AM	60mH	U12	Girls & Boys	Heats		24" / 7.0m
9:40AM	60mH	U14	Girls	Heats		U14 27"/7.5
10:00AM	60mH	U12	Girls & boys	Finals		24" / 7.0m
10:15AM	1200m	U16	Men	Final		
10:20AM	1200m	U16	Women	Final		
10:35AM	60mH	U14	Girls	Final		U14 27"/7.5
10:45AM	60mH	U14	Boys	Prelims		U14 27"/7.5
11:00AM	1500m	U18/O	Men	Final		
11:07AM	1500m	U18/O	Women	Final		
11:20AM	60mH	U14	Boys	Finals		U14 27"/7.5
11:45AM	60m	U16	Girls	Heats		
11:57AM	60m	U18	Women	Heats		
12:09PM	60m	Open	Men	Heats		18 advance to A/B final
12:21PM	60m	Open	Women	Heats		
12:27PM	60m	U16	Men	Heats		
12:30PM	60m	U18	Men	Heats		
12:40PM	60m	Para	W & M	Heats		
12:43PM	60m	Wheelchair	Men	Heats		
12:46PM	60m	Wheelchair	Women	Heats		

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Time	Event	Category	Gender	Heat/Final	# of heats	Notes
12:55PM	800m RW	U16/18	W & M	Timed Final		
1:00PM	1500m RW	Open/Ma	W & M	Timed Final		
Track Break						
1:40PM	60m	U12	Boys	Final		
1:43PM	60m	U14	Boys	Final		
1:46PM	60m	U12	Grils	Final		
1:49PM	60m	U14	Girls	Final		
1:57PM	60m	Open	Men	Final		B before A
2:04PM	60m	Open	Women	Final		
2:07PM	60m	U16	Men	Final		
2:10PM	60m	U16	Men	Final		
2:13PM	60m	U18	Men	Final		
2:16PM	60m	U18	Women	Final		
2:19PM	60m	Para	W & M	Final		
2:22PM	60m	Wheelchair	Men	Final		
2:25PM	60m	Wheelchair	Women	Final		
2:35PM	600m	U16	Men	Timed Final		
2:39PM	600m	U16	Women	Timed Final		
2:43PM	600m	U18/Open	Men	Timed Final		
2:47PM	600m	U18	Women	Timed Final		
2:51PM	600m	Open	Women	Timed Final		
3:00PM	150m	U14	Boys	Timed Final		
3:06PM	150m	U14	Girls	Timed Final		
3:15PM	150m	U12	Boys	Timed Final		
3:18PM	150m	U12	Girls	Timed Final		
3:30PM	200m	U18	Men	Timed Final		
3:33PM	200m	U16	Women	Timed Final		
3:48PM	200m	U18	Men	Timed Final		
3:54PM	200m	U18	Women	Timed Final		
4:03PM	200m	Open	Men	Timed Final		
4:15PM	200m	Open	Women	Timed Final		
4:24PM	200m	Wheelchair	Women	Timed Final		
4:27PM	200m	Wheelchair	Men	Timed Final		

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