

TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 Pacific Ave, Winnipeg, MB R3B 2Z6 - 204-925-5744 - Fax 204-925-5792

Athletics Manitoba Spring Open

May 12th & 13th, 2017

U of Manitoba Stadium

TENTATIVE Schedule

Track Events will be run from Fastest to Slowest heats

*****Events can run to 15mins ahead of schedule******

Friday, May 12th - TRACK

6:05 PM	100m	Decathlon Men
6:10 PM	1500m Steeple	Midget Men
6:20 PM	1500m Steeple	Midget Women
6:30 PM	2000m Steeple	Youth & Junior Women
6:55 PM	110m Hurdles	Men (Youth + Masters)
7:00 PM	100m Hurdles	Youth & Open & Heptathlon Women
7:05 PM	100m Hurdles	Midget Men
7:10 PM	80m Hurdes	Midget Women
7:20 PM	150m	Pee Wee & Bantam Men
7:25 PM	150m	Pee Wee & Bantam Women
7:35 PM	200m	Midget & Up Men
7:55 PM	200m	Midget & Up Women
8:20 PM	600m	Pee Wee Men & Women
8:25 PM	200m	Heptathlon Women
8:30 PM	800m	Bantam & Up Men
8:50 PM	800m	Bantam & Up Women
9:05 PM	4x400m	Men + Women
9:10 PM	400m	Decathlon Men

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5:30 PM	Long Jump	Special O Men
5:30 PM	Standing Long Jump	Pee Wee/Bantam Men & Women
5:30 PM	Javelin	Men & Women
6:00 PM	Long Jump	Midget & Up Women
6:00 PM	Pole Vault	Women & Men
6:45 PM	Discus	Women
7:00 PM	Long Jump	Decathlon Men
7:00 PM	High Jump	Heptathlon Women
7:30 PM	Shot Put	Decathlon Men
7:30 PM	Long Jump	Midget & Up Men
7:45 PM	Shot Put	Heptathlon Women
8:00 PM	Discus	Men
8:15 PM	High Jump	Decathlon Men

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Saturday, May 13th - TRACK

10:00 AM	110m Hurdles	Decathlon Men
	100m Hurdles	Midget Pentathlon Men
	80m Hurdles	Midget Pentathlon Women
	80m Hurdles	Bantam Pentathlon Women
10:10 AM	3000m	Youth & Up Women
10:25 AM	3000m	Youth & Up Men
10:35 AM	2000m	Midget Women
10:50 AM	2000m	Midget Men
11:00 AM	400m	Youth & Up Men
11:10 AM	400m	Youth & Up Women
11:20 AM	80m	Pee Wee & Bantam Men
11:25 AM	80m	Pee Wee & Bantam Women
11:30 AM	100m	Midget & Up Men
11:45 AM	100m	Midget & Up Women
	LUNCH BREAK	
12:30 PM	200m Hurdles	Midget Men
12:35 PM	300m Hurdles	Youth Women
12:45 PM	400m Hurdles	Women
1:05 PM	1200m	Bantam/Midget Men
1:15 PM	1200m	Bantam/Midget Women
1:25 PM	300m	Bantam & Midget Men
1:35 PM	300m	Bantam & Midget Women
1:45 PM	1500m	Youth & Up Men
2:00 PM	1500m	Youth & Up Women
2:10 PM	800m	Heptathlon Women
2:20 PM	4x100m	Men
2:30 PM	4x100m	Women
3:15 PM	800m	Pentathlon Women
3:20 PM	1000m	Pentathlon Men
3:25 PM	1500m	Decathlon Men

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10:00 AM	Long Jump	Pee Wee/Bantam Men & Women
10:00 AM	Shot Put	Special O Men & Women
10:00 AM	High Jump	Midget & Up Men
10:45 AM	Discus	Decathlon Men
11:15 AM	Shot Put	Pee Wee/Bantam Men & Women
11:30 AM	Long Jump	Heptathlon Women & Pentathlon Men
11:30 AM	High Jump	Pentathlon Women
12:00 PM	Shot Put	Midget & Up Men
12:00 PM	Pole Vault	Decathlon Men
12:15 PM	Triple Jump	Midget & Up Women
1:00 PM	High Jump	Pee Wee/Bantam Men & Women
1:15 PM	Javelin	Heptathlon Women
1:45 PM	Shot Put	Pentathlon Men
1:45 PM	High Jump	Midget & Up Women
2:00 PM	Shot Put	Midget & Up Women
2:00 PM	Triple Jump	Midget & Up Men
2:30 PM	High Jump	Pentathlon Men
2:45 PM	Long Jump	Pentathlon Women
3:00 PM	Javelin	Decathlon Men
3:15 PM	Hammer	Men & Women