

Track and Field - Track Schedule



Venue: University of Manitoba Stadium

Dates: Tuesday August 1 - August 6 2023



— WORLD —
POLICE & FIRE
— GAMES —

Time	Event	Category
Tuesday, August 1st		
10:00	5000m RW W	All Women
11:00	100mH Heats M	50-54
11:15	100m Heats W	30-34
11:35	100m Heats M	45-49
11:45	100m Heats M	40-44
11:55	100m Heats M	35-39
12:10	100m Heats M	30-34
12:20	100m Heats M	18-29
12:30	100m Heats M	50-54
14:00	800m Final W	50-80+
14:15	800m Final W	35-49

14:25	800m Final W	18-34
14:35	800m Final M	65-80 + Over
14:45	800m Final M	50-59
14:55	800m Final M	40-49
15:05	800m Final M	35-39
15:15	800m Final M	30-34
15:30	800m Final M	18-29
15:45	2000m S/C W	35-80 + Over
16:00	3000m S/C W	18-34
16:15	4 X 400m Mixed Relay	40-49,50+
16:25	4 X 400m Mixed Relay	18-29,30-39
17:45	10000m Final M	M55-79
18:45	10000m Final M	M40-54
19:30	10000m Final M	M18-39
Wednesday, August 2nd		
10:00	5000m RW M	18- 80 + Over
10:50	80mH Final W	W45-79

11:05	100mH Final W	35-39
11:20	100mH Final W	18-34
11:30	80mH Final M	70-74
11:45	100mH Final M	55-69
12:00	100mH Final M	50-54
12:15	110mH Final M	45-49
12:25	110mH Final M	40-44
12:30	110mH Final M	18-34
14:00	2000m S/C M	60-74
14:15	3000m S/C M	40-59
14:30	3000m S/C M	18-39
14:45	100m Final W	55-74
14:55	100m Final W	50-54
15:00	100m Final W	45-49
15:10	100m Final W	40-44
15:15	100m Final W	35-39
15:20	100m Final W	30-34

15:30	100m Final W	18-29
15:35	100m Final M	75-80 + Over
15:40	100m Final M	70-74
15:50	100m Final M	65-69
15:55	100m Final M	60-64
16:00	100m Final M	55-59
16:10	100m Final M	50-54
16:15	100m Final M	45-49
16:20	100m Final M	40-44
16:25	100m Final M	35-39
16:35	100m Final M	30-34
16:40	100m Final M	18-29
18:00	400m Heats M	50-54
18:10	400m Heats M	40-44
18:20	400m Heats M	30-34
18:30	400m Heats M	18-29
18:45	10000m Final W	18-64

Friday, August 4th		
10:00	Hept 80mH	45-49
10:15	Hept 100mH	18-39
13:30	400m Final W	55-74
13:40	400m Final W	50-54
13:50	400m Final W	44-49
14:00	400m Final W	30-39
14:10	400m Final W	18-29
14:20	400m Final M	65-80 + Over
14:30	400m Final M	55-59
14:40	400m Final M	50-54
14:50	400m Final M	45-49
15:00	400m Final M	40-44
15:10	400m Final M	35-39
15:20	400m Final M	30-34
15:20	400m Final M	18-29
15:50	1500m W	45-74
16:00	1500m W	18-44

16:10	1500m M	60-79
16:20	1500m M	40-59
16:30	1500m M	30-39
16:40	1500m M	18-29
16:50	Hept 200m	30-49
17:30	4 X100M Women	40-49, 50-59
17:40	4 X100M Women	30-30
17:45	4 X100M Women	18-29
17:55	4 X100M Men	60+
18:05	4 X100M Men	50-59
18:15	4 X100M Men	40-49
18:25	4 X100M Men	30-30
18:35	4 X100M Men	18-29
Saturday, August 5th		
10:00	Dec M 100m	60-69
10:05	Dec M 100m	45-59
10:10	Dec M 100m	18-44
10:15	5000m Final M	55-80+
11:15	400mH TF W	18-49

11:25	300mH TF W	55-59
11:30	300mH TF M	60-69
11:40	400mH M TF	55-59
11:45	400mH M TF	50-54
11:50	400mH M TF	45-49
12:00	400mH M TF	40-44
12:05	400mH M TF	35-39
12:15	400mH M TF	30-34
12:20	400mH M TF	18-29
15:00	200m Heats M	50-54
15:10	200m Heats M	45-49
15:20	200m Heats M	40-44
15:25	200m Heats M	35-39
15:35	200m Heats M	30-34
15:45	200m Heats M	18-29
	Hept 800m	18-49
17:50	Dec M 400m	60-69
17:55	Dec M 400m	45-59
18:00	Dec M 400m	18-44
18:05	5000m Final M	40-54

18:50	5000m Final M	30-39
19:20	5000m Final M	18-29
Sunday, August 6th		
08:00	Dec M 100mH	60-69
08:15	Dec M 100mH	50-59
08:25	Dec M 110mH	40-49
08:30	Dec M 110mH	18-34
08:40	5000m Final W	45-64
09:10	5000m Final W	18-44
11:55	200m W Final	55-59
12:00	200m W Final	50-54
12:05	200m W Final	40-49
12:15	200m W Final	35-39
12:20	200m W Final	30-34
12:25	200m W Final	18-29
12:30	200m M Final	75 + Over
12:40	200m M Final	70-74
12:45	200m M Final	65-69
12:50	200m M Final	60-64
12:55	200m M Final	55-59

13:00	200m M Final	50-54
13:05	200m M Final	45-49
13:15	200m M Final	40-44
13:20	200m M Final	35-39
13:25	200m M Final	30-34
13:35	200m M Final	18-29
15:00	Dec 1500m	50-74
15:10	4 X400m Women	40-49,50-59
15:20	4 X400m Women	18-29,30-39
15:30	4 X400m Men	60+
15:40	4 X400m Men	50-59
15:50	4 X400m Men	40-49
16:00	4 X400m Men	30-39
16:10	4 X400m Men	18-29
16:20	Dec 1500m	18-49