

The Manitoba
Runners' Association
presents...



2026 TRACKTASTIC!

SCHEDULE OF EVENTS

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| 5:15 | Participant Check In |
| 5:30 | Welcome & Pre-Race Meeting |
| 5:45 | Age-Graded 800m – 2 heats: Men & Women |
| 5:45 | Standing Long Jump (open until 6:30) |
| 6:15 | Kids' 100m – 2 heats: Boys & Girls |
| 6:30 | Longest Ball Throw (open until 7:15) |
| 6:35 | All-Out 400m – 2 heats: Men & Women |
| 7:00 | Slowest 60m – 1 heat |
| 7:15 | The Prediction Mile – 1 heat |
| 7:30 | 4 x 400m Co-Ed Relay – 1 heat |
| 8:00 | Awards Presentation and Draw Prizes |

***AS WE MAY RUN AHEAD OF TIME, PLEASE BE PREPARED TO
RACE AHEAD OF YOUR SCHEDULED TIME.***