

The Manitoba
Runners' Association
presents...



Run for joy.

TRACKTASTIC!

SCHEDULE OF EVENTS

- 5:30** Participant Check In
- 5:50** Welcome & Orientation
- 6:00** Age-Graded 800m – 2 heats:
Men
Women
- 6:20** Slowest 100m – 1 heat
- 6:40** All-Out 400m – 2 heats:
Men
Women
- 7:00** Kids' 400m Race – 3 heats:
Girls 11-16
Girls 10 & under
Boys 16 & under
- 7:20** The Prediction Run – 2 heats:
Men
Women
- 7:45** Exhibition 4 x 400m Relay
- 7:50** 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.***