

GOLDEN BEAR OPEN 2024

Live results UNI: <http://www.windsortiming.com/LiveResults/2024/GoldenBearOpen/>

Live results Club: <https://www.ellistiming.ca/>

Web stream: www.canadawest.tv

FRIDAY JANUARY 19, 2024 GOLDEN BEAR OPEN FINAL - USPORTS SECTIONS

| Time | Event | Category | Gender | Heat/Final | # of heats | Notes |
|--------|--------|-----------|------------|-------------|------------|-------|
| 3:00PM | 60m | UNI | Men-HEP | | 2 | |
| 3:10PM | 60mH | UNI | Women-PENT | | 2 | |
| 3:16PM | 60mH | UNI | Women | Heats | 2 | |
| 3:30PM | 60m | UNI | Men | Heats | 5 | |
| 3:50PM | 60m | UNI | Women | Heats | 3 | |
| 4:20PM | 60mH | UNI | Women | Final | 1 | |
| 5:00PM | 4x200m | UNI | Men | Timed Final | 2 | |
| 5:15PM | 4x200m | UNI | Women | Timed Final | 1 | |
| 5:40PM | 800m | UNI | Men | Timed Final | 1 | |
| 5:45PM | 4x800m | UNI | Men | Timed Final | 1 | |
| 6:00PM | 800m | UNI | Women | Timed Final | 1 | |
| 6:05PM | 4x800m | UNI | Women | Timed Final | 1 | |
| 6:20PM | 3000m | UNI | Men | Timed Final | 2 | |
| 6:50PM | 3000m | UNI | Women | Timed Final | 1 | |
| 7:10PM | 2000m | Club-U16 | Men | Timed Final | 1 | |
| 7:20PM | 2000m | Club-U16 | Women | Timed Final | 1 | |
| 7:30PM | 3000m | Club-Open | Men | Timed Final | 1 | |
| 7:45PM | 3000m | Club-Open | Women | Timed Final | 1 | |
| 8:05PM | 800m | UNI | Women-PENT | | 1 | |

SATURDAY JANUARY 20, 2024 GOLDEN BEAR OPEN FINAL - USPORTS SECTIONS

****Hep Hurdles & UNI hurdle heats in AM club window****

| Time | Event | Category | Gender | Heat/Final | # of heats | Notes |
|---------|--------|----------|---------|-------------|------------|---------------|
| 10:55AM | 60mH | UNI | Men-HEP | | 2 | |
| 11:05AM | 60mH | UNI | Men | Heats | 2 | |
| 1:00PM | 60mH | UNI | Men | Final | 1 | |
| 1:10PM | 60m | UNI | Men | Semi | 2 | 2 semi's of 9 |
| 1:16PM | 60m | UNI | Women | Semi | 2 | 2 semi's of 8 |
| 1:25PM | 600m | UNI | Men | Timed Final | 3 | |
| 1:37PM | 600m | UNI | Women | Timed Final | 3 | |
| 2:00PM | 300m | UNI | Men | Timed Final | 7 | |
| 2:25PM | 300m | UNI | Women | Timed Final | 3 | |
| 2:40PM | 60m | UNI | Men | Final | 1 | |
| 2:45PM | 60m | UNI | Women | Final | 1 | |
| 3:00PM | 1500m | UNI | Men | Timed Final | 3 | |
| 3:21PM | 1500m | UNI | Women | Timed Final | 2 | |
| 3:35PM | 1000m | UNI | Men | Timed Final | 2 | |
| 3:43PM | 1000m | UNI | Women | Timed Final | 1 | |
| 3:47PM | 1000m | UNI | Men-HEP | Timed Final | 1 | |
| 3:55PM | 4x400m | UNI | Men | Timed Final | 2 | |
| 4:05PM | 4x400m | UNI | Women | Timed Final | 1 | |

GOLDEN BEAR OPEN 2024 FIELD EVENTS

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FRIDAY JANUARY 19, 2024 GOLDEN BEAR OPEN FINAL - USPORTS SECTIONS

Centre Pit: Long Jump Men

| Start Time | Event | Category | Gender |
|------------------------|-----------|----------|--------|
| 3:00PM | Long Jump | UNI | Men |
| 14 total. Done ~4:10PM | | | |

Centre Pit: Long Jump Women

| Start Time | Event | Category | Gender |
|------------------------|-------------------|----------|--------|
| 5:00PM | Long Jump F1 (6) | UNI | Women |
| 6:00PM | Long Jump F2 (11) | UNI | Women |
| ~6:35PM | Long Jump Final | UNI | Women |
| 17 total. Done ~7:00PM | | | |

Wall Pit: Long Jump

| Start Time | Event | Category | Gender |
|--|-----------|----------|------------|
| 3:35PM | Long Jump | UNI | Men-HEP |
| 6:50PM | Long Jump | UNI | Women-PENT |
| Wall Pit in use ~3:00-4:20 + 6:20-7:40PM | | | |

Pole Vault

| Start Time | Event | Category | Gender |
|------------------------------|------------|----------|--------|
| 3:30PM | Pole Vault | UNI | Men |
| 6:00PM | Pole Vault | UNI | Women |
| 6 men; 7 women. Done ~7:30PM | | | |

Centre Cage: Throws

| Start Time | Event | Category | Gender |
|-------------------------------|----------|----------|------------|
| 3:00PM | Shot Put | UNI | Women |
| 4:50PM | Shot Put | UNI | Men-HEP |
| 5:45PM | Shot Put | UNI | Women-PENT |
| 7:00PM | Shot Put | UNI | Men |
| 15 Women; 7 Men. Done ~7:45PM | | | |

Multi's Summary PENT

| Start Time | Event | Category | Gender |
|------------|-----------|----------|------------|
| 3:10PM | 60mH | UNI | Women-PENT |
| 3:45PM | High Jump | UNI | Women-PENT |
| 5:45PM | Shot Put | UNI | Women-PENT |
| 6:50PM | Long Jump | UNI | Women-PENT |
| 8:05PM | 800m | UNI | Women-PENT |

Multi's Summary - HEP

| Start Time | Event | Category | Gender |
|------------|-----------|----------|---------|
| 3:00PM | 60m | UNI | Men-HEP |
| 3:35PM | Long Jump | UNI | Men-HEP |
| 4:50PM | Shot Put | UNI | Men-HEP |
| 6:00PM | High Jump | UNI | Men-HEP |

SATURDAY JANUARY 20, 2024 GOLDEN BEAR OPEN FINAL - USPORTS SECTIONS

FIELD EVENTS

Centre Cage: Throws

| Start Time | Event | Category | Gender |
|------------|-----------------|----------|--------|
| 9:45AM | Weight Throw | UNI | Women |
| 10:30AM | Weight Throw F2 | UNI | Women |
| ~11:00AM | WT Final | UNI | Women |
| Noon | WT Final | UNI | Men |

Centre Pit: Triple Jump

| Start Time | Event | Category | Gender |
|------------|-------------|----------|--------|
| 1:30PM | Triple Jump | UNI | Men |
| 3:00PM | Triple Jump | UNI | Women |

Vertical Jumps

| Start Time | Event | Category | Gender |
|------------|------------|----------|---------|
| 11:00AM | High Jump | UNI | Men |
| 1:15PM | High Jump | UNI | Women |
| 12:00PM | Pole Vault | UNI | Men-HEP |

Multi's Summary

| Start Time | Event | Category | Gender |
|------------|------------|----------|---------|
| 10:45AM | 60mH | UNI | Men-HEP |
| Noon | Pole Vault | UNI | Men-HEP |
| 3:30PM | 1000m | UNI | Men-HEP |

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SATURDAY JANUARY 20, 2024 GOLDEN BEAR OPEN FINAL - CLUB SECTIONS - FIELD EVENTS

| Time | Event | Category | Gender | Heat/Final | #of heats | Notes |
|--|--------|---------------|---------|-------------|-----------|---------------------|
| 9:45AM | 60m | U16 | Men | Heats | 2 | |
| 9:51AM | 60m | U16 | Women | Heats | 4 | |
| 10:03AM | 60m | U18 | Men | Heats | 3 | |
| 10:12AM | 60m | U18 | Women | Heats | 3 | |
| 10:25AM | 60m | Open | Men | Heats | 5 | |
| 10:49AM | 60m | Open | Women | Heats | 2 | |
| 10:55AM | 60mH | UNI | Men-HEP | | 2 | |
| 11:05AM | 60mH | UNI | Men | Heats | 2 | |
| 11:15AM | 1000m | U16 + U18 | Men | Timed Final | 1 | |
| 11:20AM | 1000m | Open | Men | Timed Final | 1 | |
| 11:25AM | 1000m | U16 + U18 | Women | Timed Final | 1 | |
| 11:30AM | 1000m | Open | Women | Timed Final | 1 | |
| 11:40AM | 60m | U16 | Men | Final | 1 | |
| 11:43AM | 60m | U16 | Women | Final | 1 | |
| 11:46AM | 60m | U18 | Men | Final | 1 | |
| 11:49AM | 60m | U18 | Women | Final | 1 | |
| 11:52AM | 60m | Open | Men | Final | 2 | |
| 11:58AM | 60m | Open | Women | Final | 1 | |
| 12:05PM | 60m | Para-AMB | Men | Timed Final | | |
| 12:10PM | 60m WC | Wheelchair | Men | Timed Final | | |
| 12:13PM | 60m WC | Wheelchair | Women | Timed Final | | |
| 1:00PM - 4:15PM USPORTS Window of track competition | | | | | | |
| 5:15PM | 60MH | Club-Masters | Women | Final | 1 | 12/7.5m 27" |
| 5:20PM | 60MH | Club-U16 | Women | Final | 1 | 12/8.0m 30" green |
| 5:25PM | 60MH | Club-U18 | Women | Final | 1 | 13/8.5m 30" Yellow |
| 5:30PM | 60MH | Club-U20/Open | Women | Final | 1 | 13/8.5m 33" Yellow |
| 5:35PM | 60MH | Club-U16 | Men | Final | 1 | 13/8.5m 33" Yellow |
| 5:40PM | 60MH | Club-U18 | Men | Final | 1 | 13.72/9.14 36" blue |
| 5:45PM | 60MH | Club-U20 | Men | Final | 1 | 13.72/9.14 39" blue |
| 5:45PM | 60MH | Club-Open | Men | Final | 1 | 13.72/9.14 42" blue |
| 6:15PM | 60MH | Club-Masters | Women | Final | 1 | 12/7.5m 27" |
| 6:20PM | 60MH | Club-U16 | Women | Final | 1 | 12/8.0m 30" green |
| 6:25PM | 60MH | Club-U18 | Women | Final | 1 | 13/8.5m 30" Yellow |
| 6:30PM | 60MH | Club-U20/Open | Women | Final | 1 | 13/8.5m 33" Yellow |
| 6:35PM | 60MH | Club-U16 | Men | Final | 1 | 13/8.5m 33" Yellow |
| 6:40PM | 60MH | Club-U18 | Men | Final | 1 | 13.72/9.14 36" blue |
| 6:45PM | 60MH | Club-U20 | Men | Final | 1 | 13.72/9.14 39" blue |
| 6:45PM | 60MH | Club-Open | Men | Final | 1 | 13.72/9.14 42" blue |
| 7:15PM | 300m | Club-Open | Men | Timed Final | 3 | |
| 7:24PM | 300m | Club-Open | Women | Timed Final | 2 | |
| 7:30PM | 300m | Club-U18 | Men | Timed Final | 4 | |
| 7:42PM | 300m | Club-U18 | Women | Timed Final | 2 | |
| 7:48PM | 300m | Club-U16 | Men | Timed Final | 1 | |
| 7:51PM | 300m | Club-U16 | Women | Timed Final | 3 | |

SUNDAY JANUARY 21, 2024 GOLDEN BEAR OPEN FINAL - CLUB SECTIONS

| Time | Event | Category | Gender | Heat/Final | # of heats | Notes |
|---------|---------|----------------|-------------|-------------|------------|-------------|
| 10:00AM | 60mH | U12: 24" | Men | Heats | 2 | 24"/ 12-7m |
| 10:04M | 60mH | U12: 24" | Women | Heats | 2 | 24"/ 12-7m |
| 10:08AM | 60mH | U14: 30" | Men | Heats | 1 | 30" 12-7.5m |
| 10:10AM | 60mH | U14: 30" | Women | Heats | 4 | 30" 12-7.5m |
| 10:20AM | 1500m | Club-Open | Men | Timed Final | 1 | |
| 10:27AM | 1500m | Club-U18 | Men | Timed Final | 1 | |
| 10:34AM | 1500m | Club-Open | Women | Timed Final | 1 | |
| 10:34AM | | Club-U18 | Women | Timed Final | 1 | |
| 10:45AM | 1200m | Club-U16 | Men | Timed Final | 1 | |
| 10:50AM | 1200m | Club-U16 | Women | Timed Final | 1 | |
| 11:00AM | 60mH | U14: 30" | Men | Heats | 1 | 30" 12-7.5m |
| 11:02AM | 60mH | U14: 30" | Women | Heats | 4 | 30" 12-7.5m |
| 11:10AM | 60mH | U12: 24" | Men | Heats | 2 | 24"/ 12-7m |
| 11:14AM | 60mH | U12: 24" | Women | Heats | 2 | 24"/ 12-7m |
| 11:20AM | 200m | Club-Open | Men | Timed Final | | |
| 11:35AM | 200m | Club-U18 | Men | Timed Final | 5 | |
| 11:50AM | 200m | Club-U16 | Men | Timed Final | 2 | |
| 11:56AM | 200m | Club-Open | Women | Timed Final | 2 | |
| 12:02PM | 200m | Club-U18 | Women | Timed Final | 4 | |
| 12:14PM | 200m | Club-U16 | Women | Timed Final | 4 | |
| 12:30PM | 150m | Club-U12 | Men | Timed Final | 1 | |
| 12:33PM | 150m | Club-U12 | Women | Timed Final | 1 | |
| 12:36PM | 150m | Club-U14 | Men | Timed Final | 1 | |
| 12:39PM | 150m | Club-U14 | Women | Timed Final | 2 | |
| 12:45PM | 600m | Club-Open | Men | Timed Final | 2 | |
| 12:53PM | 600m | Club-U18 | Men | Timed Final | 1 | |
| 12:57PM | 600m | Club-U16 | Men | Timed Final | 1 | |
| 1:01PM | 600m | Club-Open | Women | Timed Final | 1 | |
| 1:05PM | 600m | Club-U18 | Women | Timed Final | 2 | |
| 1:13PM | 600m | Club-U16 | Women | Timed Final | 3 | |
| 1:25PM | 800mRW | Club -U16/Open | Women | Timed Final | | |
| 1:35PM | 1500mRW | Club-Masters | Men & Women | Timed Final | | |
| 1:45PM | 4x200m | Club U20/U16 | Men | Timed Final | | |
| 1:50PM | 4x200m | Club-U16/20 | Women | Timed Final | | |
| 1:55PM | 4x200m | Club-U18 | Women | Timed Final | | |
| 2:05PM | 4x800m | Club | | | | |

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SATURDAY JANUARY 20, 2024 GOLDEN BEAR OPEN FINAL- CLUB SECTIONS - FIELD EVENTS

SATAM Window

Centre Pit: Long Jump

| | | | |
|--------|-------------------|----------|-------|
| 9:45AM | Long Jump F1 (11) | Club-U16 | Women |
| | | | |

Wall Pit: Long Jump

| | | | |
|---------|-------------------|----------|-------|
| 9:45AM | Long Jump F2 (11) | Club-U16 | Women |
| 10:15AM | Long Jump Final | Club-U16 | Women |
| 11:15AM | Long Jump | Club-U16 | Men |

SATURDAY JANUARY 20, 2024 GOLDEN BEAR OPEN FINAL - CLUB SECTIONS - FIELD EVENTS

SAT Evening Window

Centre Pit: Long Jump

| Start Time | Event | Category | Gender |
|------------------------|-----------|--------------|--------|
| 5:00PM | Long Jump | Club-Open | Men |
| | | Club-U18 | Men |
| 13 total. Done ~6:15PM | | | |
| Start Time | Event | Category | Gender |
| 6:45PM | Long Jump | Club-Open | Women |
| | | Club-Masters | Women |
| 12 total. Done ~8:10PM | | | |

Centre Cage: Throws

| Start Time | Event | Category | Gender |
|------------|----------|-------------|--------|
| 5:00PM | Shot Put | Club-U16 | Men |
| | Shot Put | Club-U18 | Men |
| | Shot Put | Club-U20 | Men |
| 6:30PM | Shot Put | Club-Open | Men |
| | Shot Put | Club-Master | Men |
| | Shot Put | Club-Para | Men |
| 10 total | | | |

Wall Pit: Long Jump

| Start Time | Event | Category | Gender |
|------------------------|-----------|----------|--------|
| 5:00PM | Long Jump | Club-U18 | Women |
| | | | |
| 14 total. Done ~6:15PM | | | |

East Circle: Wooden: Throws

| Start Time | Event | Category | Gender |
|------------|----------|--------------|--------|
| 5:00PM | Shot Put | Club-Open | Women |
| | | Club- Master | Women |
| | | Club-Para | Women |
| 8 total | | | |
| Start Time | Event | Category | Gender |
| 6:30PM | Shot Put | Club-U16 | Women |
| | | Club-U18/20 | Women |
| 12 total | | | |

POLE VAULT

| Start Time | Event | Category | Gender |
|------------------------|------------|----------|--------|
| 5:30PM | Pole Vault | Club-All | |
| 13 total. Done ~7:45PM | | | |

SUNDAY JANUARY 21, 2024 GOLDEN BEAR OPEN FINAL - CLUB SECTIONS

Centre Cage: Throws

| Start Time | Event | Category | Gender |
|---------------|--------------|---------------|--------|
| 10:00AM | Weight Throw | Club-U18/U16 | Men |
| 11:15AM | Weight Throw | Club-U18/U16 | Women |
| 12:30PM | Weight Throw | Club U20/Open | Men |
| 12:30PM | Weight Throw | Club Masters | Men |
| 1:45PM | Weight Throw | Club U20 | Women |
| 1:45PM | Weight Throw | Club Open | Women |
| 1:45PM | Weight Throw | Club Masters | Women |
| Throws Wooden | | | |
| 10:30AM | Shot Put | U12 | Women |
| 10:30AM | Shot Put | U12 | Men |
| 11:30AM | Shot Put | U14 | Women |
| 11:30AM | Shot Put | U14 | Men |

High Jump

| Start Time | Event | Category | Gender |
|-------------|-------------|-----------|--------|
| 10:00AM | High Jump | Club-Open | Men |
| | High Jump | Club-U18 | Men |
| | High Jump | Club-U16 | Men |
| 13 total | | | |
| High Jump | | | |
| Start Time | Event | Category | Gender |
| Noon | High Jump | Club-All | Women |
| 12 total | | | |
| Triple Jump | | | |
| Start Time | Event | Category | Gender |
| 11:00AM | Triple Jump | Club-All | Women |
| 12:45PM | Triple Jump | Club-All | Men |