

2006
MANITOBA VS SASKATCHEWAN JUVENILE DUAL MEET
&
WESTERN CANADA SUMMER GAMES PREP SQUAD DUAL MEET
Saturday, July 15, 2006
Information & Technical Package

Age Classification	Juvenile (born 1989 & later) WCSG (born 1986 or later)
Team Size	No limit
Competition Site	University Stadium, University of Manitoba 8 lane track and approach runs – Mondo Spike specifications – maximum 7mm conical – exceptions are javelin and high jump where 9mm may be used. Omega Hawkeye Digital Timing system will be used for all timed events.

Competition Rules

1. The rules of the IAAF will apply to each event.
2. All entries must be submitted by HyTek by Friday, July 7, 2006.
3. Each team may enter two official entries for the Juvenile event and two entries for the WCSG event in each event but may nominate other entries to be considered to fill extra lanes. Teams will be contacted by Wednesday, July 12 regarding the status of these extra non-scoring entries.
4. Any questions regarding the technical package or operation of the meet may be handled by contacting

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5. Officials from the Manitoba Track and Field Association will officiate at this meet with volunteers. We would welcome the participation of any Saskatchewan officials who wish to participate.
6. Equipment - Juvenile

Shot Put	Women 4kg	Men 5kg
Discus	Women 1kg	Men 1.5 kg
Javelin	Women 600g	Men 700g
Hammer	Women 4kg	Men 5kg

Western Canada Summer Games Throwing Weights

Shot Put	Women 4kg	Men 16 lb
Discus	Women 1kg	Men 2 kg
Javelin	Women 600g	Men 800g
Hammer	Women 4kg	Men 16 lb

All personal throwing implements must meet IAAF requirements. Athletes may submit their own implements for certification and use in the equipment pool to be used in the competition. Such implements must be turned in by 8:30am the day of the competition.

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7. Hurdle Specifications

Juvenile

Women	100mh	13.00m with 8.5m spacing (30")
Men	110mh	13.72m with 9.14m spacing (36")

WCSG

Women	100mh	13.00m with 8.5m spacing (33")
Men	110mh	13.72m with 9.14 spacing (42")
Women	400mh	45.00m with 35.00m spacing (30")
Men	400mh	45.00m with 35.00m spacing (36")

8. High Jump and Pole Vault

Starting heights and progressions will be determined prior to the start of the meet.

9. Jury of Appeal

One official plus one nomination from each team will comprise the jury of appeal.

10. Awards

Medals will be awarded to the top 3 places in the Juvenile events.