



**TRACK AND FIELD / ROAD RUNNING
CROSS COUNTRY**

**2006 ATHLETICS MANITOBA
OUTDOOR TRACK & FIELD CHAMPIONSHIPS**

The Athletics Manitoba Outdoor Track & Field Championship is the sanctioned Age Class Championships for the province of Manitoba. These Championships are used to select Senior - Midget athletes to Provincial Team Programs. The 2006 Championship meet is a selection meet for the 2007 Western Canada Summer Games prep squad and the 2006 Juvenile Provincial Team that will compete in a dual meet against Saskatchewan. The 2006 Championships are considered Grand Prix #5 and #6 and athletes will earn points accordingly.

Athletes who compete must be an individual member or a school member of Athletics Manitoba.

Entry Fees: \$5.00 per event / \$1.00 discount for entering using Hy-Tek Team Manager.

Please check www.athleticsmanitoba.com for the Hy-Tek meet entry file.

Late Fees: \$3.00 per event (\$8.00 total)

Entry Deadline: Monday, June 19th

Please submit seed times with entry.

Events:

- Saturday, June 24 (GP#5) 100m / 110m Sprint Hurdles, 100m, 400m, 1500m, Steeplechase, 4x100m relay, LJ, Pole Vault, Shot Put, Hammer, Multiple Events Day 1
- Sunday, June 25 (GP#6) Intermediate Hurdles, 200m, 800m, 3000m, 5000m, 4x400 m relay, TJ, HJ, Discus, Javelin, Pee Wee Ball Throw, Multiple Events Day 2

Athletics Manitoba Age Categories

Age Group	Year of Birth
Pee Wee	1995 + later
Bantam	1993, 1994
Midget	1991, 1992
Juvenile	1989, 1990
Junior	1987, 1988
Senior	1986 + earlier
Masters	1966 + earlier

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2006 Technical Specifications					
Triple Jump will not be offered in the Pee Wee and Bantam Age Categories.					
Hurdles will not be offered in the Pee Wee Age Category.					
Athletes wishing to compete in these events may compete in the older age category.					
An athlete that competes in two different age categories in one event must declare only one of those age categories for medalling prior to the event. The other event will be considered exhibition.					
*Not IAAF Specifications					
Women's Outdoor Hurdles					
Bantam	80 metres	8	0.762 metres (30")	12 metres	7.0 metres
Midget	80 metres	8	0.762 metres (30")	12 metres	8.0 metres
Juvenile	100 metres	10	0.762 metres (30")	13 metres	8.5 metres
Junior	100 metres	10	0.840 metres (33")	13 metres	8.5 metres
Senior	100 metres	10	0.840 metres (33")	13 metres	8.5 metres
Midget	300 metres	7	0.762 metres (30")	50 metres	35 metres
Juvenile	400 metres	10	0.762 metres (30")	45 metres	35 metres
Junior	400 metres	10	0.762 metres (30")	45 metres	35 metres
Senior	400 metres	10	0.762 metres (30")	45 metres	35 metres
Men's Outdoor Hurdles					
Bantam	80 metres	8	0.762 metres (30")	12 metres	7.5 metres
Midget	100 metres	10	0.840 metres (33")	13 metres	8.5 metres
Juvenile	110 metres	10	0.914 metres (36")	13.72 metres	9.14 metres
Junior	110 metres	10	0.991 metres (39")	13.72 metres	9.14 metres
Senior	110 metres	10	1.067 metres (42")	13.72 metres	9.14 metres
Midget	300 metres	7	0.762 metres (30")	50 metres	35 metres
Juvenile	400 metres	10	0.840 metres (33")	45 metres	35 metres
Junior	400 metres	10	0.914 metres (36")	45 metres	35 metres
Senior	400 metres	10	0.914 metres (36")	45 metres	35 metres
Women's Outdoor Throws Events					
Age Class	Shot Put	Discus	Javelin	Hammer	
Pee Wee	2.73 kg	750 g	Ball Throw	-	
Bantam	2.73 kg	750 g	600 g	-	
Midget	4 kg	1kg	600 g	3 kg	
Juvenile	4 kg	1kg	600 g	4 kg	
Junior	4 kg	1kg	600 g	4 kg	
Senior	4 kg	1kg	600 g	4 kg	
Men's Outdoor Throws Events					
Age Class	Shot Put	Discus	Javelin	Hammer	
Pee Wee	2.73 kg	750 g	Ball Throw	-	
Bantam	2.73 kg	750 g	600 g	-	
Midget	4 kg	1.0 kg	600 g	3 kg	
Juvenile	5 kg	1.5 kg	700 g	5 kg	
Junior	6 kg	1.75 kg	800 g	6 kg	
Senior	7.26 kg	2 kg	800 g	7.26 kg	

