



# **TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY**

214-200 Main St. ● Winnipeg, MB R3C 4M2 ● Tel: 204-925-5743 ● Fax: 204-925-5792 ● [athleticsmb@shaw.ca](mailto:athleticsmb@shaw.ca) ● [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

## Athletics Manitoba Spring Technical Meeting Thursday, September 13, 2007

### Agenda

#### 2007-2008 Indoor Season

1. Events for Grand Prix
2. Hurdle / Throws Specifications
3. Grand Prix Points
4. Equipment
5. Online Registration
6. Other

#### 2008 Outdoor Season

1. Meet Schedule
  - a. In Manitoba
  - b. Western Canada
2. Grand Prix's and Events
3. Equipment
4. Hurdle / Throw Specifications
5. Other



# TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY

214-200 Main St. • Winnipeg, MB R3C 4M2 • Tel: 204-925-5743 • Fax: 204-925-5792 • [athleticsmb@shaw.ca](mailto:athleticsmb@shaw.ca) • [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

## 2007-2008 Tentative Cross Country/ Indoor Schedule

### CROSS COUNTRY

Saturday, September 22	Birch XC Run	Roseile
Thursday, October 18	AM Provincial XC Team Challenge	Harbourview
Saturday, October 20	AM Provincial XC Age Class	Harbourview
Saturday, November 10	CIS XC	Victoria

### INDOOR TRACK

Friday, November 23	Brown & Gold	U of M	5:00-10:00pm
Saturday, November 24	CLR Strictly Relays	U of M	9:00am-1:00pm
Saturday, December 1	Flying M	U of M	9:00am-5:00pm
Friday, December 7	GP#1 (Last Chance)	U of M	6:00-9:30pm
Saturday, December 8	GP#2 (Last Chance)	U of M	9:00am-1:00pm
Wednesday, January 16	GP#3	U of M	6:00-9:30pm
Friday, January 18	Track Attack #1	U of M	11:00am-4:00pm
Friday, January 25	GP#4 (Multiple)	U of M	6:00-9:30pm
Saturday, January 26	GP#5 (Multiple)	U of M	9:00am-2:00pm
Friday, February 1	Track Attack #2	U of M	11:00am-4:00pm
Saturday, February 2	Cargill University	U of M	8:00am-10:00pm
Thursday, February 14	Cargill Elementary Relays	U of M	9:00am-3:00pm
Friday, February 15	Cargill	U of M	1:00-10:00pm
Saturday, February 16	Cargill	U of M	8:00am-10:00pm
Tuesday, February 19	Track Attack #3	U of M	11:00am-4:00pm
Wednesday, February 20	GP#6	U of M	6:00-9:30pm
Tuesday, February 26	Boeing Elementary Relays	U of M	9:00am-1:00pm
Thursday, February 28	Boeing Age Class	U of M	5:00-9:00pm
Friday, February 29	Boeing Age Class	U of M	9:00am-10:00pm
Saturday, March 1	Boeing Age Class	U of M	9:00am-10:00pm
March 6-8	CIS Championships	McGill	
Tuesday, March 11	Track Attack #4	U of M	11:00am-4:00pm
Friday, March 14	AM Elementary Relays	U of M	10:00am-3:00pm
Sunday, April 6	Special O	U of M	
Saturday, April 26	Special O	U of M	

Athletics Manitoba  
200 Main Street  
Winnipeg, MB  
R3C 4M2  
Phone: 925-5743  
Fax: 925-5792

Donna Bell, Executive Director – 925-5745 [dbell\\_athleticsmb@shaw.ca](mailto:dbell_athleticsmb@shaw.ca)  
Diana Stevens, Program Manager – 925-5744 [diana\\_stevens@shaw.ca](mailto:diana_stevens@shaw.ca)