



# 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)

## Awards & More Elementary Relays

Friday, March 14, 2008

MAX BELL CENTRE – UNIVERSITY OF MANITOBA

### Awards:

Participation Certificates for all student competitors  
Ribbons for top five  
Award of Recognition for school with most points in each grade category

### Entry Fees:

Schools providing volunteer assistance for the meet will be given a significant discount on their entry fee. Volunteers should be available for the entire time and should be at least 15 years of age.

#### Member Schools with 2 Volunteers

\$75.00

#### Member Schools with No Volunteers

\$150.00

YOU MUST BE A MEMBER SCHOOL OF ATHLETICS MANITOBA TO PARTICIPATE. **Please go to pages 9 & 13 for School Club Registration Form and the Elementary School Information**

### Mail Entries to:

Athletics Manitoba  
200 Main St.  
Winnipeg, MB R3C 4M2  
or Fax: 925-5792  
or Email: [Diana\\_stevens@shaw.ca](mailto:Diana_stevens@shaw.ca)

There will be a separate category of events for each grade 4, 5 and 6.  
Students may move up a grade class to field a team.

### Event Information

Top two teams per school will be used in point tabulation.

1. 4x Shot Put – total distance of 1 throw each of 4 team members (2.73kg / 6 lb. Shot).
2. 4x Long Jump – total distance of 1 jump each of 4 team members.
3. 8x 40M Shuttle Relay – 8 team members run 40M each (back & forth shuttle style)
4. 4x1 Lap Relay – each of 4 team members runs 1 lap (200 meters)
5. 600 meters – individual event – maximum of 3 athletes per gender per age category

**Inquiries** –Diana Stevens– 925-5744

Events will run from 10:00 AM to approximately 2:30 PM.

A Final Schedule will be emailed or faxed out after all entries have been received.



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## Athletics Manitoba Elementary Relays

### Entry Form

Friday, March 14, 2008

**Entry Fees:**

**Member Schools 2 Volunteers**

\$75.00

**Member Schools No Volunteers**

\$150.00

**Entry Deadline:**

Friday, March 7, 2008

**Relay Entries: indicate number of teams per event**

EVENT	BOYS			GIRLS		
	GR. 4	GR. 5	GR. 6	GR. 4	GR. 5	GR. 6
4 X 1 LAP						
8 X 40M SHUTTLE						
4 X STANDING LONG JUMP						
4 X SHOT PUT						

**Individual Entries for 600m Event (Maximum 3 athletes / Grade / Gender)**

NAME (Last, First)	GRADE	DATE OF BIRTH	GENDER
	4		F
	4		F
	4		F
	4		M
	4		M
	4		M
	5		F
	5		F
	5		F
	5		M
	5		M
	5		M
	6		F
	6		F
	6		F
	6		M
	6		M
	6		M
<b>TOTAL ENTRY FEE (this page only)</b>			<b>\$</b>

**Make cheques payable to: Athletics Manitoba**

On behalf of the athletes listed on this entry form, in consideration of your accepting it, I hereby waive their rights and claims for damage again Athletics Canada (C.T.F.A.), Athletics Manitoba (M.T.F.A.), the Organizers of the meet, their agents, representatives, successors and assigns, for any and all injuries that the listed athletes may suffer at the meet.

Date \_\_\_\_\_ Signature \_\_\_\_\_