



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

214-200 MAIN ST. WINNIPEG, MB R3C 4M2 TEL: 204-925-5743 FAX: 204-925-5792 EMAIL: athleticsmb@shaw.ca www.athleticsmanitoba.com

**Athletics Manitoba
Awards & More Elementary Relays**

**Wednesday, January 21, 2009
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.

Mail Entries to: Athletics Manitoba
200 Main St.
Winnipeg, MB R3C 4M2
or Fax: 925-5792

There will be a separate category of events for each grade 4, 5 and 6. Athletes may only participate in one of each of the events (not on multiple teams in the same event) unless alternate arrangements have been made with Athletics Manitoba. 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. 4x200 Lap Relay – each of 4 team members runs 1 lap
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.

Athletics Manitoba Elementary Relays

Entry Form

Wednesday, January 21, 2009

Entry Fees:

Member Schools 2 Volunteers

Member Schools No Volunteers

\$75.00

\$150.00

Entry Deadline: Thursday, January 15th, 2009

Relay Entries: indicate number of teams per event

	BOYS			GIRLS		
EVENT	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
TOTAL ENTRY FEE (this page only)			\$

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 _____