

FLYING 'M' FALL FROLIC

Max Bell Centre - University of Manitoba
Sanctioned by *Athletics MB*
Saturday, December 5, 2009

FACILITIES: 6 lane banked 200m rubber synthetic surface
8 lane straightaway
change rooms and washroom facilities available
spike length: 7mm or less

EQUIPMENT: Blocks to be used for sprint races only (60m, 300m)
Throwing equipment will be provided

START: 9:00am

AGE CLASSES:

Pee Wee	- born in 1998 or later
Bantam	- born in 1996, 1997
Midget	- born in 1994, 1995
Juvenile	- born in 1992, 1993
Junior	- born in 1990, 1991
Senior	- born in 1989 or earlier
Masters	- age 35 (women and men)
Special O	

EVENTS: Will be run in the following order (unless otherwise noted): alternating women & men
(Pee Wee, Bantam, Midget, Juvenile, Junior, Senior, Special O)
Pee Wees will compete in the 60m, 300m, Long Jump and Shot Put **only**

MARSHALLING: Will take place in a designated area. Please marshal promptly so as to facilitate the running of the meet. All track events will be *TIMED* sections.

AWARDS: Ribbons for 1st to 5th place in each category.

ENTRY DEADLINE: Entries must be received by Tuesday, November 24, 2009

ENTRY FEES:

- Individual events: \$5.00/event
- Relays: \$6.00/team
- Please make cheques payable to "*FLYING 'M' ATHLETIC CLUB*"
- Late fees will be \$10/individual event and \$12/relay team

ATHLETICS MANITOBA MEMBERSHIP: All athletes must be a member of Athletics Manitoba/Athletics Canada, either as an individual or part of a school. Any entries from non-members will not be entered until Flying 'M' receives confirmation of membership from Athletics Manitoba/Canada. Membership information is available at: www.athleticsmanitoba.com

ELECTRONIC ENTRIES: Please access the Direct Athletics site to register online or view the events page on the Athletics Manitoba website for the Hy-Tek file

MAIL OR FAX ENTRIES TO: *Jill Neumann*
1210 Kildare Avenue East
Winnipeg, MB R2C 5A9
Fax (204) 925-5792

INQUIRIES: *Jill Neumann*
flyingsmathleticclub@hotmail.com

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NOTE: Please make photocopies of your entry form if you expect to have more than one page of entries.
 Please note also that this is a **Tentative Schedule**.

A final schedule will be produced at the meet, when total entries are known.

TENTATIVE SCHEDULE

TIME	TRACK	TIME	FIELD
9:00	60m Hurdles 1000m	9:00	Long Jump Pee Wee & Bantam Girls (2 pits)
9:45	60m	10:00	Long Jump Midget Girls and Special O Girls
10:30	600m	10:30	Shot Put Pee Wee & Bantam Girls
		11:00	Shot Put Pee Wee & Bantam Boys Long Jump Midget and Special O Boys
12:10	4X100 Relay	11:30	Shot Put Midget & Special O Girls High Jump ALL Women
12:30- 1:45	Break on Track	12:30	Weight Toss Men and Women Long Jump Pee Wee & Bantam Boys
		1:00	High Jump Bantam/Midget Boys
1:45	300m	1:30	Shot Put Youth/Jr/Sr Women
		2:00	Long Jump Youth/Jr/Sr Women
		2:30	Shot Put Youth & Special O Boys High Jump Youth/Jr/Sr Men
3:30	3000m	3:30	Long Jump Youth/Jr/Sr Men Shot Put Junior/Senior Men

**Please note that in the 60m, 300m, 1000m and 3000m the Senior age categories will be run first, with men following the women. After that it will be Pee Wee through to Masters women and then men.

**The 1000m and 600m will be hand timed. All other races will be electronically timed.

