



2009 OUTDOOR GRAND PRIX SERIES

- Schools and clubs will be charged for all entries, whether the athlete attends or not. Late entries will be allowed at the discretion of the meet director, and will be placed in open heats only.
- Schedules for the meet will be posted the next work day following the entry deadline. Evening meets usually start at 6pm and Saturday meets usually start at 9am, with check-in one hour prior. All meets are at University Stadium at the University of Manitoba.
- Participants **MUST** be an individual member or school member of Athletics Manitoba. Day memberships are available.
- For electronic registration, go to www.directathletics.com. If you have any problems, email Shirley at shirley.athleticsmb@mts.net
- For schedules and entry lists, please go to www.athleticsmanitoba.com – Track & Field – Events
- All meets are run as Open events, with athletes seeded according to submitted Seed Performance. **If no Seed Performance is submitted, athletes will be placed in the slower sections.** Seed performances should be from the previous outdoor or indoor season to provide the best competition.
- All track events are timed finals. Field events will have six rounds, except where competition needs to be limited for time .
- Out of Province athletes that compete at the Provincial Championships can qualify for the final, but will be run as exhibition.
- **MHSAA:** school athletes wanting to use performances for qualification must compete for their school, their coach must be present, and the athlete must ENTER THE CORRECT EVENT - Special MHSAA hurdle and throws events will be run.
- **Hershey:** Hershey events are free.

<p>GP #1: TUESDAY, MAY 12 <u>Entry Deadline Sunday May 10</u> *10,000m (5:30pm start) Sprint Hurdles MHSAA Hurdles 150 / 200m 800m 3000m 4x400m Triple Jump High Jump Javelin & MHSAA Javelin Discus & MHSAA Discus</p>	<p>GP #2: MONDAY, MAY 25 <u>Entry Deadline, Friday May 22</u> Int. Hurdles 50m Hershey 20000-95 100m Open and Hershey 2000-95 400m Open and Hershey 2000-97 1500m Steeplechase 4x100m Open and Hershey 1990-95 Standing LJ / Ball Throw (Hershey 2000-95) Long Jump High Jump Shot Put & MHSAA Shot Put Hammer</p>	<p>GP #3: TUESDAY, MAY 26 <u>Entry Deadline, Friday, May 22</u> Sprint Hurdles MHSAA Hurdles 200m Open and Hershey 2000-95 800m Open and Hershey 1997-95 1600m Hershey 1995-96 5000m Medley Relays Triple Jump Pole Vault Javelin & MHSAA Javelin Discus & MHSAA Javelin</p>	<p>GP #4: FRIDAY, JUNE 12 <u>Entry Deadline, Wednesday, June 10</u> **MULTI EVENTS** includes CSG Qualifer) Int. Hurdles *CSG 400mH 100m 300 / 400m 1500m Long Jump Pole Vault Shot Put Hammer</p>
<p>GP #5: SATURDAY, JUNE 13 <u>Entry Deadline, Wednesday June 10</u> **MULTI EVENTS** (includes CSG Qualifer) Sprint Hurdles 150 / 200m 800m 3000m / 5000m Steeplechase Triple Jump High Jump Javelin Discus</p>	<p>** Provincial Age Class Championships and Canada Summer Games Trials Friday, July 3rd and Saturday, July 4th ** Legion Trials / Youth Dual and Super Meet Saturday, July 18th and Sunday, July 19th</p>	<p>GP #6: WEDNESDAY, JUNE 24TH <u>Entry Deadline, Monday June 22nd</u> Int. Hurdles 100m 300 / 400m 1500m 3000m / 5000m 4x100m Long Jump Pole Vault Shot Put Hammer</p>	