



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