



2009 ATHLETICS MANITOBA JUNIOR HIGH CHAMPIONSHIPS
University of Manitoba Outdoor Stadium
Friday, June 12, 2009

TENTATIVE SCHEDULE OF EVENTS

Please note that we start the meet at 10:00 am sharp. Please plan arrival times accordingly.

NOTE:

- The hurdles, 100m and 200m will have heats and finals.
- Athletes will have four attempts in Long Jump and Shot Put.
- Medals for top three in each event

TRACK

FIELD

10:00 Grade 9 Girls 80mh Heats
 Grade 8 Girls 80mh Heats
 Grade 7 Girls 80mh Heats

Grade 7 Boys 80mh Heats
 Grade 8 Boys 100mh Heats
 Grade 9 Boys 100mh Heats

For all girls and grade 7 boys - start to first hurdle 12m; 7.5 m spacing;
 Hurdle Height of 30"

For grade 8 & 9 boys – start to first hurdle 13m; 8.5m spacing; hurdle height 33"

10:00 Grade 9 Boys Shot Put
 Grade 8 Boys Shot Put
 Grade 7 Boys Shot Put

Grade 9 Girls Shot Put
 Grade 8 Girls Shot Put
 Grade 7 Girls Shot Put

10:00 Grade 7 Girls Long Jump
 Grade 8 Girls Long Jump
 Grade 9 Girls Long Jump

11:15 Grade 9 Girls 1500m
 Grade 8 Girls 1500m
 Grade 7 Girls 1500m

Grade 7Boys 1500m
 Grade 8 Boys 1500m
 Grade 9 Boys 1500m

Grade 9 Boys Long Jump
 Grade 8 Boys Long Jump
 Grade 7 Boys Long Jump

10:00 Grade 8 Boys High Jump
 Grade 9 Boys High Jump
 Grade 7 Boys High Jump

12:30 Grade 9 Boys 100mh Final
 Grade 8 Boys 100mh Final
 Grade 7 Boys 80mh Final

Grade 9 Girls 80mh Final
 Grade 8 Girls 80mh Final
 Grade 7 Girls 80mh Final

Grade 7 Girls High Jump
 Grade 8 Girls High Jump
 Grade 9 Girls High Jump

Grade 9 Boys – starting height 1.25m
 Grade 8 Boys – starting height 1.20m
 Grade 7 Boys – starting height 1.15m
 Grade 9 Girls - starting height 1.20m
 Grade 8 Girls - starting height 1.15m
 Grade 7 Girls- starting height 1.10m

1:00 Grade 9 Boys 100m Heats
 Grade 8 Boys 100m Heats
 Grade 7 Boys 100m Heats

Grade 9 Girls 100m Heats
 Grade 8 Girls 100m Heats
 Grade 7 Girls 100m Heats

2:00 Grade 9 Boys 100m Final
 Grade 8 Boys 100m Final
 Grade 7 Boys 100m Final

2:15	Grade 9 Girls	100m Final
	Grade 8 Girls	100m Final
	Grade 7 Girls	100m Final
2:30	Grade 9 Boys	800m
	Grade 8 Boys	800m
	Grade 7 Boys	800m
	Grade 9 Girls	800m
	Grade 8 Girls	800m
	Grade 7 Girls	800m
3:30	Grade 9 Boys	200m Heats
	Grade 8 Boys	200m Heats
	Grade 7 Boys	200m Heats
	Grade 9 Girls	200m Heats
	Grade 8 Girls	200m Heats
	Grade 7 Girls	200m Heats
4:30	Grade 9 Boys	200m Final
	Grade 8 Boys	200m Final
	Grade 7 Boys	200m Final
	Grade 9 Girls	200m Final
	Grade 8 Girls	200m Final
	Grade 7 Girls	200m Final