



TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY

NEW!
2009 ATHLETICS MANITOBA
PROVINCIAL JUNIOR HIGH CHAMPIONSHIP
Friday, June 12th
10:00 am
University of Manitoba Stadium

- Provincial Junior High Championship (grades 7 – 9) to be held at the University of Manitoba outdoor stadium.
- NO COST to Athletics Manitoba schools or individual members. Non members pay \$1.00 per event.
- Athletes advance from their school and divisional meets. All those who finish first, second or third at school meet automatically are invited as well as anyone who meets the outlined standards. Athletes must qualify in order to compete and will be allowed to advance in up to three events for the Championship.
- Medals for top three in each event.
- Register your school and divisional meet so that we can recognize your results for advancement to this championship.
- School entries can be emailed to office@athleticsmanitoba.com with athletes name, year of birth, grade and events in which they qualified.

2009 JUNIOR HIGH CHAMPIONSHIP

STANDARDS

EVENT	WOMEN			MEN		
	Grade 7	Grade 8	Grade 9	Grade 7	Grade 8	Grade 9
100 meters	15.0	14.5	14.0	14.5	14.0	13.5
200 meters	31.0	30.0	29.5	30.0	29.0	28.5
800 meters	2:50	2:45	2:40	2:42	2:35	2:32
1500 meters	5:25	5:20	5:15	5:25	5:15	5:10
80meter hurdles	16.7	16.3	16.0	16.5	16.0	15.8
Long Jump	3.60	3.80	4.00	3.85	4.00	4.20
High Jump	1.20	1.25	1.30	1.25	1.30	1.35
Shot Put	6.80	7.00	7.50	7.50	8.00	8.25

Further information:

Athletics Manitoba – www.athleticsmanitoba.com
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