



**ATHLETICS MANITOBA
2009 MIDGET PROVINCIAL TEAM**

- Athletics Manitoba will be forming a team of Midget aged (Born 1994 & 1995)athletes to compete against athletes from Saskatchewan and Alberta on July 10th and 11th, 2009 in Medicine Hat, Alberta at the Western Canadian Midget Track and Field Championships.
- The team will be selected based on performances throughout the 2008-2009 season that meet or surpass the standards listed below.
- All athletes must pay a Provincial Team fee of **\$200.00**, which includes meet entry, bus transportation to Medicine Hat, 2 nights hotel accommodation, Provincial Team singlet, and access to Exclusive Use Training Times at the University Stadium in Winnipeg during May-July. Athletes who are not currently individual members of Athletics Manitoba will pay \$50 for a full membership.
- The team will depart from Winnipeg on July 9th. The team will depart from Medicine Hat at approximately 6pm on the 11th.
- Athletes will be responsible for their own meals.
- All athletes and their parents must agree to and sign the Athletics Manitoba Code of Conduct and the Athlete Waiver Form prior to departure.
- The total team size will be up to 45 athletes. Athletes will be contacted if selected for the team on or before July 1st, 2007.
- The coaching staff for this team include a minimum of 4 coaches and /or managers.
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**2009 MIDGET PROVINCIAL TEAM
STANDARDS**

EVENT	WOMEN	MEN
60 / 100 meters	8.50/13.80	8.00 / 13.50
200 meters	29.5	28.0
400 meters	1:09.0	1:05.0
800 meters	2:40.0	2:25.0
1500 meters	5:30.0	5:15.0
3000 meters	11:40.0	10:30.0
60m/80m/100m Hurdles	11.0 / 18.0	10.50 / 17.50
Long Jump	4.00m	4.40m
High Jump	1.35m	1.40m
Triple Jump	9.00m	10.00m
Pole Vault	3.00m	3.20m
Shot Put	8.50m	9.80m
Discus	25.0m	32.0m
Javelin	20.0m	24.0m