

2009 MANITOBA INDOOR GAMES

JUNIOR & SENIOR HIGH CHAMPIONSHIPS

FEBRUARY 13 & 14, 2009

SANCTIONED BY ATHLETICS MANITOBA
VENUE: MAX BELL - UNIVERSITY OF MANITOBA

FACILITIES:

6 LANE BANKED 200M RUBBER SYNTHETIC
SURFACE, 8 LANE STRAIGHTAWAY
7MM SPIKES OR LESS (CONES, NO PINS)
CHANGE ROOM AND WASHROOM FACILITIES
AVAILABLE

TIMING:

FULLY AUTOMATIC:
OMEGA HAWKEYE DIGITAL TIMING SYSTEM
OMEGA SCANOVISION PRO DIGITAL TIMING SYSTEM

AWARDS:

1ST, 2ND AND 3RD PLACE MEDALS IN ALL EVENTS.
BANNERS FOR TOP SCHOOLS IN EACH CATEGORY.

ENTRIES:

A) ELIGIBILITY - ALL ENTRANTS MUST BE EITHER A FULL MEMBER OF ATHLETICS CANADA, ATHLETICS MANITOBA OR A MEMBER OF A REGISTERED ATHLETICS MANITOBA SCHOOL CLUB. FOR MEMBERSHIP DETAILS CALL 925-5745.

B) ENTRY FEES - \$6.00 FOR EACH EVENT, \$10.00 FOR EACH RELAY TEAM.

- ENTRIES IN CERTAIN EVENTS MAY BE LIMITED IN NUMBERS.
- ENTRIES WITH LESS THAN FOUR PARTICIPANTS MAY BE CANCELLED OR COMBINED WITH OTHER AGE GROUPS

C) CHEQUES MADE PAYABLE TO: *Athletic Ventures*

D) LATE ENTRIES MAY BE CHARGED AN ADDITIONAL \$4.00 PER EVENT, IF ACCEPTED BY THE MEET DIRECTOR.

E) ALL ENTRIES AND PAYMENTS MUST BE RECEIVED BY FEBRUARY 6, 2009.

HY-TEK ENTRIES: entries.mig@shaw.ca

F) ALL ENTRIES TO: MANITOBA INDOOR GAMES
200 Main Street
WINNIPEG, MB
R3C4M2

INQUIRIES: PHONE: (204) 885-1927

G) NO TELEPHONE ENTRIES WILL BE ACCEPTED

H) Athletes must have all their events in one age class with the following exceptions: (1) An athlete may move up for an event not offered in their age class; (2) An athlete may move up to run on a relay team but may not run in two divisions of the same relay event. All relay team members must be from the same school or club (that they ran with as an individual).

ADMISSION OF \$2.00 WILL BE CHARGED AT THE MEET FOR SPECTATORS (12 & under are free).

J) Eligibility

Track and Field athletes should represent their school rather than clubs unless their school is not in the meet.

EVENT INFORMATION

IN ALL AGE CATEGORIES - 60M, 60MH AND 200M, MAY PROCEED FROM HEATS TO FINALS. ALL OTHER TRACK EVENTS WILL BE RUN AS TIMED SECTION FINALS.

ALL FIELD EVENTS WILL BE RUN AS FINALS. (IN THE LJ, TJ, SP - ALL GET THREE ATTEMPTS - TOP EIGHT GET THREE MORE) (EVENTS WITH MORE THAN 20 COMPETITORS MAY GET ONLY THREE ATTEMPTS)

IMPORTANT - Seed times will be used to make up event heats for events to go from heats to finals and to place all the best performers in fast heats in timed final events. It is important to provide seed times if available so your athletes will be placed in the proper heat according to their ability.

AGE CLASSES FOR 2009

BANTAM: BORN in, 1996, 1997
MIDGET: BORN in, 1994, 1995
YOUTH: BORN in, 1992, 1993
JUNIOR: BORN in, 1990, 1991

SHOT WEIGHTS: ALL BANTAM - 2.73kg
All MIDGET - 3 kg
YOUTH MEN - 5 kg
JUNIOR MEN - 6 kg
ALL OTHERS - 4 kg

HURDLES: JUNIOR MEN - 39" (9.14m SPACING)
YOUTH MEN - 36" (8.5m SPACING)
MIDGET MEN - 33" (8.5m SPACING)
BANTAM MEN - 30" (7.5m SPACING)
JUNIOR WOMEN - 33" (8.5m SPACING)
YOUTH WOMEN - 30" (7.5m SPACING)
MIDGET WOMEN - 30" (7.5m SPACING)
BANTAM WOMEN - 30" (7.0m SPACING)

The Midget and Youth Women's and the Youth men's hurdles will be run at the **High School spacing, not Athletics Manitoba spacing.**

STARTS

Blocks may be used in both heats and finals provided an athlete exhibits to the starter proficiency to do so, but we reserve the right to limit blocks to finals only.

*** Please note that the accompanying schedule is only a tentative schedule and is subject to change. We will try to keep events on the same day and order when preparing the revised final schedule. Earlier starting times may be necessary for some sessions. Events may run up to 15 minutes ahead of time. ****
Peewee events will be run on Saturday, January 31, 2009 and have a separate entry form.

The Holiday Inn South, 1330 Pembina Hwy. is offering special rates of \$95.00. For information call Sandra Rosenberg at 1-800-423-1337.