

2010 MASRC Indigenous  
Heritage Track & Field Meet  
Friday, January 29, 2010  
University of Manitoba



Join us for the first annual MASRC Indigenous Heritage Track & Field Meet on Friday, January 29, 2010 at the University of Manitoba Max Bell Centre. This is more than an age class meet for athletes born in 1997/1998 (Bantam); 1995/1996 (Midget) and 1993/1994 (Youth), this is a cultural event that will be filled with entertainment, music and history. This inter-provincial track meet will be an identification meet for the 2011 Manitoba NAIG team as well as other provincial track and field opportunities. The top five athletes in each event will receive award recognition.

The events being offered include the 60m, 200m, 800m, 1500m, 4x200m relay, shot put, high jump and long jump. Each athlete is allowed to enter into three individual events plus a relay. Entry fees are \$10.00 per person. Spikes are allowed on the rubber synthetic track (7mm or less). Starting blocks will be optional for the sprint events.

Registration and payment (cheque or cash) must be submitted to the MASRC office no later than January 25, 2010. Email to [melwhitesell@sport.mb.ca](mailto:melwhitesell@sport.mb.ca) or mail to 200 Main Street, Winnipeg, Manitoba R3C 4M2 or fax (204) 925-5714

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2010 MASRC Indigenous  
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Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Gender:  Male  Female  
Day Month Year

Address: \_\_\_\_\_ Town/City: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Coach: \_\_\_\_\_ Club/School: \_\_\_\_\_

Events: 1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_ Relay  Yes  No

**Parent/Guardian:**

On behalf of the athlete listed above, in consideration of your accepting this, I hereby waive their rights and claims for damage against Athletics Canada, Athletics Manitoba, MASRC, the Organizers of the meet their agents, representatives, successors and assign for any and all injuries that the athlete may suffer in this competition.

Signature: \_\_\_\_\_ Print Name: \_\_\_\_\_

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**Schedule**

The events will begin at 9:00 am and as soon an event is completed the next event will be marshalled. Ongoing announcements will be made as to start times of events. If you are competing in a track events and a field event that are scheduled at the same time, you must check in with the field event and let them know you are going to compete in the track event and then return to the field event immediately after you are done on the track.

**Track**

**9:00 am 1500m (oval)**

Youth Men  
Midget Men  
Bantam Men  
Bantam Women  
Midget Women  
Youth Women

**9:00 am 60m (infield)**

Bantam Women  
Midget Women  
Youth Women  
Youth Men  
Midget Men  
Bantam Men

**200m**

Bantam Women  
Midget Women  
Youth Women  
Bantam Men  
Midget Men  
Youth Men

**800m**

Bantam Women  
Midget Women  
Youth Women  
Bantam Men  
Midget Men  
Youth Men

**4x200m**

Bantam Women  
Midget Women  
Youth Women  
Bantam Men  
Midget Men  
Youth Men

**Field**

**9:00 am Long Jump**

Bantam Men  
Midget Men  
Youth Men  
Bantam Women  
Midget Women  
Youth Women



As soon as the 60m races are completed the shot put and high jump will begin in the following order:

**Shot Put**

Bantam Women  
Midget Women  
Youth Women  
Youth Men  
Midget Men  
Bantam Men

**High Jump**

Youth Men  
Midget Men  
Bantam Men  
Bantam Women  
Midget Women  
Youth Women