



TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY

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2010 OUTDOOR GRAND PRIX SERIES

- Schools and clubs will be charged for all entries, whether the athlete attends or not. Late entries will be allowed at the discretion of the meet director, and will be placed in open heats only.
- Schedules for the meet will be posted the next work day following the entry deadline. Evening meets usually start at 6pm and Saturday meets usually start at 9am, with check-in one hour prior.
- For electronic registration, go to www.directathletics.com or click on meet link on Current Events page of Athletics Manitoba website. If you have any problems, email Shirley at shirley.athleticsmb@mts.net
- For schedules and entry lists, please go to www.athleticsmanitoba.com – Track & Field – Current Events
- All meets are run as Open events, with athletes seeded according to submitted Seed Performance. **If no Seed Performance is submitted, athletes will be placed in the slower sections.** Seed performances should be from the previous outdoor or indoor season to provide the best competition.
- All track events are timed finals. Field events will have six rounds, except where competition needs to be limited for time.
- **MHSAA:** school athletes wanting to use performances for qualification must compete for their school and their coach must be present.
- **Hershey:** Hershey events are free. Age Groups - H1 (01-00) H2 (99-98) H3 (97-96)

<p><u>GP #1: TUESDAY, MAY 25</u> <u>Includes Combined Events</u> <u>Entry Deadline Sunday May 23</u></p> <p>50m Hershey(starts 5:00) 10,000m (starts at 5:30) Sprint Hurdles 150 m (Midget and Younger) 200m Open and Hershey 800m Open and Hershey 3000m Standing Long Jump (Hershey) Triple Jump High Jump Javelin Discus</p>	<p><u>GP #2: WEDNESDAY, MAY 26</u> <u>Includes Combined Events</u> <u>Entry Deadline.Sunday May 23</u></p> <p>Int. Hurdles 100m Open and Hershey 300/ 400m Open and Hershey 1500m Open 1600m Hershey Steeplechase 4x100m Relay Open and Hershey Ball Throw (Hershey) Long Jump Pole Vault Shot Put Hammer</p>	<p><u>GP #3: TUESDAY, JUNE 1</u> <u>**AT SELKIRK **</u> <u>Entry Deadline, Sunday, May 29</u></p> <p>Sprint Hurdles 150m (Midget and Younger) 200m 800m 5000m 400-200-200-800 Relay Triple Jump High Jump Javelin Discus</p>	<p><u>GP #4: WEDNESDAY, JUNE 9</u> <u>Entry Deadline, Sunday June 6</u></p> <p>Int. Hurdles 100m 300m (Midget and Younger) 400m 1500m Long Jump Pole Vault Shot Put Hammer</p>
<p><u>GP #5: WEDNESDAY, JUNE 23</u> <u>Entry Deadline,Sunday June 20</u></p> <p>Sprint Hurdles 150m (Midget and Younger) 200m 800m 3000m / 5000m 4 x 100m Relay Triple Jump High Jump Javelin Discus Pole Vault</p>	<p>** Junior High Championships Wednesday, June 9th</p> <p>** Hershey Championships @ Grant Park Friday, June 18th and Saturday, June 19th</p> <p>** Provincial Age Class Championships and Legion Meet ** Saturday, July 10th and Sunday, July 11th</p> <p>** Western Canadian Midget / Youth Championships Saturday, July 24th and Sunday, July 25th **</p>		