

The 1st Annual “Last-Chance” Track And Field Meet



Where: Lord Selkirk Regional
When: Tuesday, June 1, 2010
(starting at 1:00 p.m.)



Cost: \$5/athlete (maximum \$50/school)

Contact Person: Rene Comeault
(rcomeault@isd21.mb.ca)

Registration: We want to pre-register your athletes (name, category, school) in order to facilitate results. Registration information is provided. Entries due by Friday, May 28, 3:30 p.m.

Schedule of Events:

The first track and field events will begin at 1:00 p.m. and will continue one after another until the meet is finished (approx 5:30 p.m.) The order of events will be junior girls, senior girls, junior boys, and then senior boys. Categories in the 800 m, 1500 m, and 3000 m may be grouped together depending on the numbers of athletes in each race. Their results would then be separated into one of the four categories at the completion of the race.

TRACK EVENTS

1:00 p.m.	Hurdles Final	Junior and Senior Girls
	1500 m	Junior and Senior Girls
	Hurdles Final	Junior and Senior Boys
	1500 m	Junior and Senior Boys
3:00 p.m.	200 m (timed final)	all categories
	800 m	all categories
	100 m (timed final)	all categories
	3000 m	All Girls then All Boys
4:45 p.m.	400 m (timed final)	all categories
	4 x 100 m Relay	all categories
	4 x 400 m Relay	all categories

Multi-Event (will be scored at the completion of the meet. Athletes competing in the multi-event should identify themselves at their respective events)

FIELD EVENTS

- a minimum of three trials (hoping for 6) will be permitted at each event
- it is the responsibility of the athlete to get to the event within the allotted time period to complete their throws/jumps

Category	1:30 p.m.	2:30 p.m.	3:30 p.m.	4:30 p.m.
Junior Girls	High Jump	Javelin	Shot Put/Triple Jump	Discus/Long Jump
Senior Girls	Discus/Long Jump	Shot Put/Triple Jump	Javelin	High Jump
Junior Boys	Shot Put	Discus/Long Jump	High Jump	Javelin/Triple Jump
Senior Boys	Javelin/Triple Jump	High Jump	Discus/Long Jump	Shot Put

Other Information:

- 1) The Selkirk track is an all-weather rubberized surface, spikes are recommended
- 2) Call or e-mail Rene Comeault at Warren Collegiate (322-5586 /rcomeault@isd21.mb.ca) for further information.
- 3) In the event that there is a conflict between times in the track and field events it is the responsibility of the athlete to ensure that they get to their track event first, then to their field event.
- 4) A canteen will be available.
- 5) Meet results will be available on our web site (www.trackandfieldonline.ca)
- 6) Participating schools will be asked to help run events.
- 7) This meet will be electronically timed with the help of Athletics Manitoba.

Registration:

You can register your athletes in one of two ways:

Method 1: Using Hy-Tek Meet Manager.

If you use Meet Manager, Meet Manager Lite or Team Manager you can send an export of your team roster to lmichaleski@isd21.mb.ca OR rcomeault@isd21.mb.ca

Method 2: Excel Spreadsheet Follow the directions below:

1. Open the attached excel file called “Last Chance” Invitational Template.
2. Save the document to your own computer
3. In the Excel document click on cell B2 (School Name) and begin entering the information for each student.
4. The category listing (JG,SG,JB,SB) has a drop down provided for you so you can select it from the list.
5. You will notice under School Name once you type something once Excel will try to guess when you type it again which will work great for School Name and School Nickname.
6. Once you are complete please save the document as YourSchoolNameEntries (Example: StonewallEntries) and e-mail back to lmichaleski@isd21.mb.ca OR rcomeault@isd21.mb.ca
7. You must send it as an attachment.

Entries due by Friday, May 28, 3:30 p.m.