



**2010 ATHLETICS MANITOBA  
PROVINCIAL JUNIOR HIGH CHAMPIONSHIP  
Wednesday, June 9th  
10:00 am  
University of Manitoba Stadium**

- Provincial Junior High Championship (grades 7 – 9) to be held at the University of Manitoba outdoor stadium.
- \$5.00 per athlete to a maximum of \$50.00 per school.
- Athletes advance from their school and divisional meets. All those who place first, second or third at a school meet automatically are invited as well as anyone who meets the outlined standards. Register your school and divisional meets so that we can recognize your results for advancement to this championship. You can use the 200m, 300m, 1200m or 1500m qualifying times to advance.
- Athletes will be allowed to advance in up to **three events for the Championship**. Medals for top three in each event.
- School entries can be emailed to [diana\\_stevens@shaw.ca](mailto:diana_stevens@shaw.ca) with athletes name, year of birth, grade and events in which they qualified.

**2010 JUNIOR HIGH CHAMPIONSHIP**

**STANDARDS**

EVENT	WOMEN			MEN		
	Grade 7	Grade 8	Grade 9	Grade 7	Grade 8	Grade 9
100 meters	15.0	14.5	14.0	14.5	14.0	13.5
200 meters	31.0	30.0	29.5	30.0	29.0	28.5
300 meters	46.0	44.5	43.5	44.5	43.0	42.0
800 meters	2:50	2:45	2:40	2:42	2:35	2:32
1200 meters	4:40	4:35	4:30	4:15	4:18	4:20
1500 meters	5:25	5:20	5:15	5:25	5:15	5:10
80mh/100mh	16.7	16.3	16.0	16.5	18.0	18.0
Long Jump	3.60	3.80	4.00	3.85	4.00	4.20
High Jump	1.20	1.25	1.30	1.25	1.30	1.35
Shot Put	6.80	7.00	7.50	7.50	8.00	8.25
Discus	17.00	18.00	19.00	20.00	21.00	22.00

Further information:

Athletics Manitoba – [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)  
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