

Western Canadian Midget/Youth Championships
July 24-25, 2010
Winnipeg, Manitoba

Hosted & Sanctioned by: Athletics Manitoba
Location and Facility: University of Manitoba Stadium
Entry Fee: \$ 500.00 per team
Age Categories: Midget Athletes 1995 & 1996
Youth Athletes 1993 & 1994
Meet Inquiries: **Before July 21st, 2010** **After July 21st, 2010**
Rob Guy Diana Stevens
robguy@mts.net diana_stevens@shaw.ca
(204) 925-5745 **(204) 925-5744**
Entry Deadline (with seed performances): Friday, July 16, 2010
Technical meeting: Saturday, July 24 2010
8:00 am - location TBA
Team Social: Saturday, July 24
Cost \$20.00 per person
Details TBA

Athletics Manitoba will provide BBQ lunch to athletes and coaches on Sunday, July 25th at no charge

General Rules for Western Canadian Midget/Youth Meet

1. Start time is 9:00am Saturday morning.
2. Spikes for all events must be 7mm or less.
3. Athletes must wear proper provincial uniforms for all events.
4. All competitors must be registered individual members of their provincial association.
5. Team scoring:
Individual - 1st - 10 pts, 2nd - 8 pts, 3rd - 6 pts, 4th - 5 pts, 5th - 4 pts, 6th - 3 pts
Relays - 1st - 5pts, 2nd - 3pts, 3rd 2pts
6. Top two athletes from each team will score.
7. There will be six attempts in horizontal jumps and all throws.

Accommodations in Winnipeg:

Best Western Inns & Suites	1714 Pembina Hwy.	(204) 269-8888
Canad Inns - Fort Garry	1824 Pembina Hwy.	(204) 261-7450
Holiday Inn South	1330 Pembina Hwy.	(204) 452-4747
Quality Inns & Suites	635 Pembina Hwy.	(204) 453-8247
University of Manitoba Dorms	Contact Athletics Manitoba office for details	

Awards: Championship medals to top three finishers in each event. Medals will also be awarded to the top three relay teams. Championship team plaques will be awarded to top provincial team (male and female combined) in both the Midget and Youth aged categories.

Midget Events: 80/100mh, 200mh, 100m, 200m, 300m, 800m, 1200m, 2000m, 1500 sc (no water barrier), 4x100m relay, high jump, long jump, triple jump, pole vault, shot put, javelin, discus, hammer, medley relay (400,200,200,800)

Youth Events: 100/110mh, 300mh, 100m, 200m, 400m, 800m, 1500m, 3000m, 2000m sc, high jump, long jump, triple jump, pole vault, shot put, javelin, discus, hammer, 4x100m relay, medley relay (400,200,200,800), Heptathlon, Octathlon

Western Canadian Midget/Youth Championships

July 24-25, 2010

Winnipeg, Manitoba

Tentative Schedule

Day 1 Saturday, July 24th

* Timed Finals

TRACK

9:00am	100m	Youth Men Octathlon
	100m	Open Men Decathlon
9:10am	100mh	Youth Women Heptathlon
9:20am	100m heats	Youth Men
	100m heats	Youth Women
	100m heats	Midget Men
	100m heats	Midget Women
10:05am	1500m	Youth Men
	1500m	Youth Women
10:30am	1200m*	Midget Men
10:40am	1200m*	Midget Women
10:55am	400m*	Youth Men
11:05am	400m*	Youth Women
11:15am	300m*	Midget Men
11:25am	300m*	Midget Women

FIELD

9:00 am	Shot Put	Youth Women
9:00 am	Pole Vault	Midget & Youth Women
9:30am	Long Jump	Youth Men Octathlon
9:30am	Long Jump	Open Men Decathlon
9:30am	High Jump	Youth Women Heptathlon
9:45am	Shot Put	Midget Women
10:30am	Shot Put	Youth Men Octathlon/Open Dec
10:45am	Long Jump	Youth Women
11:00am	Pole Vault	Midget/Youth Men
11:00am	Shot Put	Youth Women Heptathlon
11:45am	High Jump	Open Men Decathlon

Lunch Break

1:00 pm	2000m Steeple*	Youth Men
1:15 pm	2000m Steeple*	Youth Women
1:30 pm	1500m Steeple*	Midget Men
1:45 pm	1500m Steeple*	Midget Women
2:00pm	400m	Youth Men Octathlon
2:00pm	400m	Open Men Decathlon
2:10pm	200m	Youth Women Heptathlon
2:25 pm	100m Finals	Youth Men
2:35pm	100m Finals	Youth Women
2:45 pm	100m Finals	Midget Men
2:55 pm	100m Finals	Midget Women
3:10 pm	300mh*	Youth Men
3:20 pm	300mh*	Youth Women
3:30 pm	200mh*	Midget Men
3:40 pm	200mh*	Midget Women

12:30pm	Long Jump	Midget Women
12:30pm	Shot Put	Midget Men
1:00pm	High Jump	Youth Men
1:15pm	Discus	Youth Women
1:30pm	Long Jump	Midget Men
2:00pm	Discus	Midget Women
2:30pm	Long Jump	Youth Men
2:30pm	High Jump	Midget Men
2:45pm	Discus	Youth Men
3:30pm	Discus	Midget Men

Western Canadian Midget/Youth Championships

July 24-25, 2010

Winnipeg, Manitoba

Tentative Schedule

Day 2 Sunday, July 25th

*** Timed Finals**

TRACK

FIELD

9:00 am	110mH	Youth Men Octathlon	9:00am	Long Jump	Youth Women Heptathlon
			9:00am	Javelin	Midget Women
9:10am	3000m*	Youth Men			
	3000m*	Youth Women	9:45am	Javelin	Youth Women
9:45am	200m heats	Youth Men	10:00am	Triple Jump	Youth Men
	200m heats	Youth Women			
	150m heats	Midget Men	10:15am	Javelin	Youth Women
	150m heats	Midget Women	10:15am	High Jump	Youth Men Octathlon
			11:00am	Javelin	Midget Men
10:15am	2000m*	Midget Men	11:15am	Triple Jump	Midget Men
	2000m*	Midget Women			
10:45am	110mh	Open Men Decathlon	11:45am	Javelin	Youth Men Octathlon
	110mh heats	Youth Men	12:00pm	High Jump	Midget Women
	100mh heats	Youth Women			
	100mh heats	Midget Men	12:15pm	Discus	Open Men Decathlon
	80mh heats	Midget Women	12:30pm	Triple Jump	Youth Women
11:15am	800m*	Youth Men	1:00pm	Javelin	Youth Men
	800m*	Youth Women			
	800m*	Midget Men	1:15pm	Pole Vault	Open Men Decathlon
	800m*	Midget Women	1:30pm	Triple Jump	Midget Women
	800m	Youth Women Heptathlon			
12:00pm	200m Finals	Youth Men	2:00pm	High Jump	Youth Women
	200m Finals	Youth Women	2:00pm	Hammer	Youth Women
	150m Finals	Midget Men	2:45pm	Hammer	Midget Women
	150m Finals	Midget Women			
12:20pm	1000m	Youth Men Octathlon	3:30pm	Hammer	Midget Women
			3:30pm	Javelin	Open Men Decathlon
12:30pm	110mh Finals	Youth Men	4:15pm	Hammer	Midget Men
	100mh Finals	Youth Women			
	100mh Finals	Midget Men			
	80mh Finals	Midget Women			
1:00pm	4x100m*	Youth Men			
	4x100m*	Youth Women			
	4x100m*	Midget Men			
	4x100m*	Midget Women			
1:30pm	Medley Relay	Youth Men			
	Medley Relay	Youth Women			
	Medley Relay	Midget Men			
	Medley Relay	Midget Women			
4:15pm	1500m	Open Men Decathlon			