



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
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(204) 925-5745 (204) 925-5744
Technical meeting: Saturday, July 24 2010
8:00 am at the U of M track

BBQ lunch provided 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:
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. In all throws and horizontal jumps all athletes will have three attempts followed by the top eight getting three more attempts.

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 scores) 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 Meet Final Schedule

Day 1 Saturday, July 24th

*** Timed Finals**

TRACK

9:00am	100m 100m	Youth Men Octathlon Open Men Decathlon
9:10am	100m heats 100m heats 100m heats 100m heats	Youth Men [29] Youth Women [16] Midget Men [21] Midget Women [28]
10:05am	1500m 1500m	Youth Men [14] Youth Women [11]
10:25am 10:35am	1200m* 1200m*	Midget Men [14] Midget Women [14]
10:45am 11:05am	400m* 400m*	Youth Men [31] Youth Women [17]
11:15am 11:25am	300m* 300m*	Midget Men [17] Midget Women [14]

FIELD

9:00 am	Shot Put	Youth Women [9]
9:00 am	Pole Vault	Midget & Youth Women [4] [8]
9:30am 9:30am	Long Jump Long Jump	Youth Men Octathlon Open Men Decathlon
9:45am	Shot Put	Midget Women [7]
10:30am 10:30am 10:30am	Shot Put Shot Put Long Jump	Youth Men Oct/Open Dec. Youth Men [7] Youth Women [11]
11:00am	Pole Vault	Midget/Youth Men [3] [3]
11:45am 11:45am	High Jump Long Jump	Open Men Decathlon Midget Women [24-2 flights]

Lunch Break & Awards

12:30pm 12:50pm 1:10pm 1:30pm	2000m Steeple* 2000m Steeple* 1500m Steeple* 1500m Steeple*	Youth Men [6] Youth Women [4] Midget Men [3] Midget Women [3]	12:30pm Shot Put 1:00pm Long Jump 1:00pm High Jump	Midget Men [10] Midget Women [2 nd flight] Youth Men [11]
2:00pm 2:00pm	400m 400m	Youth Men Octathlon Open Men Decathlon	1:15pm Discus 2:00pm Discus	Youth Women [9] Midget Women [8]
2:25 pm 2:35pm 2:45 pm 2:55 pm	100m Finals 100m Finals 100m Finals 100m Finals	Youth Men Youth Women Midget Men Midget Women	2:15pm Long Jump 2:30pm High Jump 2:45pm Discus	Youth Men [20-2flights] Midget Men [13] Youth Men [9]
3:10pm 3:20 pm 3:30 pm 3:40 pm	300mh* 300mh* 200mh* 200mh*	Youth Men [9] Youth Women [10] Midget Men [10] Midget Women [6]	3:30pm Discus 3:30pm Long Jump	Midget Men [7] Youth Men [2 nd flight]

Awards



Western Canadian Midget/Youth Championships Meet Final Schedule

Day 2 Sunday, July 25th

*** Timed Finals**

TRACK

FIELD

9:00am	110mh	Youth Men Octathlon	9:00am	Javelin	Midget/Youth Women [9] [6]
9:10am	3000m* 3000m*	Youth Men [8] Youth Women [6]	9:30am	High Jump	Youth Men Octathlon
9:45am	200m heats 200m heats 200m heats 200m heats	Youth Men [29] Youth Women [19] Midget Men [18] Midget Women [25]	10:00am	Triple Jump	Midget Men [5]
10:15am	2000m* 2000m*	Midget Men [5] Midget Women [8]	10:30am	Javelin	Midget Men [6]
10:45am	110mh 110mh heats No 100mh heats 100mh heats 80mh heats	Open Men Decathlon Youth Men [12] Youth Women (final 1 pm) Midget Men [11] Midget Women [14]	11:00am	High Jump	Midget Women [12]
11:15am	800m* 800m* 800m* 800m*	Youth Men [21] Youth Women [11] Midget Men [16] Midget Women [12]	11:15am	Triple Jump	Youth Men [11]
11:45am	200m Finals 200m Finals 200m Finals 200m Finals	Youth Men Youth Women Midget Men Midget Women	11:45am	Javelin	Youth Men Octathlon
12:15pm	1000m Octathlon	Youth Men	12:15pm	Discus	Open Men Decathlon
12:30pm	110mh Finals 100mh Finals 100mh Finals 80mh Finals	Youth Men Youth Women [7] Midget Men Midget Women	12:30pm	Triple Jump	Youth Women [9]
1:00pm	4x100m* 4x100m* 4x100m* 4x100m*	Youth Men [8] Youth Women [6] Midget Men [8] Midget Women [9]	1:00pm	Javelin	Youth Men [11]
1:30pm	Medley Relay Medley Relay Medley Relay Medley Relay	Youth Men [7] Youth Women [5] Midget Men [6] Midget Women [7]	1:00pm	High Jump	Youth Women [9]
Awards			1:15pm	Pole Vault	Open Men Decathlon
4:15pm	1500m	Open Men Decathlon (Hand Timed)	1:30pm	Triple Jump	Midget Women [12]
			2:00pm	Hammer	Midget/Youth Women [2][3]
			2:45pm	Long Jump	Midget Men [6]
			3:00pm	Hammer	Midget/Youth Men [3][4]
			3:30pm	Javelin	Open Men Decathlon