



ATHLETICS MANITOBA TRACK ATTACK #2

Schedule
Wednesday, February 10, 2010
Max Bell Stadium

Please note that we start the meet at 11:00 am. Please plan arrival times accordingly.

INFIELD

11:00 Grade 9 Girls 60m Hurdles
Grade 8 Girls 60m Hurdles
Grade 7 Girls 60m Hurdles

Grade 7 Boys 60m Hurdles
Grade 8 Boys 60m Hurdles
Grade 9 Boys 60m Hurdles

*** Start to first hurdle 12m; 7.5 m between hurdles**
Hurdle Height: 30" for all except Grade 9 Boys
Grade 9 boys (33")

OUTSIDE PIT

11:00 Grade 7 Girls LJ
Grade 8 Girls LJ
Grade 9 Girls LJ

INSIDE PIT

11:00 Grade 9 Boys LJ
Grade 8 Boys LJ
Grade 7 Boys LJ

OVAL

11:00 Grade 7 co-ed 4x100m
Grade 8 co-ed 4x100m
Grade 9 co-ed 4x100m

Grade 7 Boys 800m
Grade 8 Boys 800m
Grade 9 Boys 800m

Grade 9 Girls 800m
Grade 8 Girls 800m
Grade 7 Girls 800m

Grade 7 Boys 200m
Grade 8 Boys 200m
Grade 9 Boys 200m

Grade 7 Girls 200m
Grade 8 Girls 200m
Grade 9 Girls 200m

CIRCLE #1 - following 60m

Grade 9 Boys Shot Put
Grade 8 Boys Shot Put
Grade 7 Boys Shot Put

CIRCLE #2

Grade 9 Girls Shot Put
Grade 8 Girls Shot Put
Grade 7 Girls Shot Put

NOTES

- All track events are **timed finals (including hurdles)**.
- **Athletes competing in the hurdles be proficient in these events, please ensure that proper training and minimum standards have been met.**
- There will be only 2 attempts per height in Shot Put.
- There will be only 2 attempts per athlete in Long Jump.