

TRACK AND FIELD / ROAD RUNNING CROSS COUNTRY

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ATHLETICS MANITOBA TRACK ATTACK #3

Tentative Schedule Monday, February 22, 2010 *Max Bell Stadium*

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

INFIEL	.D		OVAL		
11:00	Grade 7 Boys Grade 8 Boys Grade 9 Boys Grade 7 Girls Grade 8 Girls Grade 9 Girls	60m 60m 60m 60m 60m 60m	11:00	Grade 9 Girls Grade 8 Girls Grade 7 Girls Grade 7 Boys Grade 8 Boys Grade 9 Boys Grade 9 Girls	4x200m 4x200m 4x200m 4x200m 4x200m 4x200m 1500m
				Grade 9 Boys Grade 7 Girls	1500m 1200m
		T 1		Grade 8 Girls	1200m
11:00	Grade 9 Boys Grade 8 Boys Grade 7 Boys	TJ TJ TJ		Grade 7 Boys Grade 8 Boys	1200m 1200m
OUTSIDE PIT				Grade 7 Girls	400m
11:00	Grade 9 Girls Grade 8 Girls Grade 7 Girls	TJ TJ TJ		Grade 8 Girls Grade 9 Girls	400m 400m
				Grade 7 Boys Grade 8 Boys Grade 9 Boys	400m 400m 400m

CIRCLE #1 - following 60m

Grade 9 Boys High Jump Grade 8 Boys High Jump Grade 7 Boys High Jump

CIRCLE #2

Grade 9 Girls	High Jump
Grade 8 Girls	High Jump
Grade 7 Girls	High Jump

NOTES

- All track events are timed finals including the 60m.
- Athletes competing in high jump must 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 High Jump.
- There will be only 2 attempts per athlete in Triple Jump.