



ATHLETICS MANITOBA TRACK ATTACK #4

Schedule
Wednesday, March 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 for
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 Boys	4x100m
	Grade 8 Boys	4x100m
	Grade 9 Boys	4x100m
	Grade 7 Girls	4x100m
	Grade 8 Girls	4x100m
	Grade 9 Girls	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.