



TRACK AND FIELD / ROAD RUNNING CROSS COUNTRY

214-200 MAIN ST. WINNIPEG, MB R3C 4M2 TEL: 204-925-5743 FAX: 204-925-5792 EMAIL: athleticsmb@shaw.ca www.athleticsmanitoba.com

Junior High School Track Attack Series

Sponsored & Sanctioned by Athletics Manitoba

This grassroots track and field program is open to all Athletics Manitoba Junior High Schools (Grades 7, 8 & 9)

Cost per School: 4 Meet Series \$100.00 Athletics Manitoba member schools
Individual meets \$40.00 Athletics Manitoba member schools

***To become an Athletics Manitoba member school the cost is \$105.00 for teams of 24 or less and \$175.00 for teams of 25 or more.

Meet Information

Schools may enter as many athletes as they wish in each event. There are separate categories run for 12 and under, age 13 and age 14 and older. **Age is as of January 1st 2010.**

Details as to time of events will be sent out after team registration.

1. Ribbons will be awarded for the top five places. Banners will be awarded to top schools.
2. Athlete rosters for all athletes must be submitted electronically in advance of all meets.
3. ***All four meets run at the Max Bell Centre at the University of Manitoba from **11:00 a.m. to 4:00 p.m.** as follows:

Monday, January 25	Wednesday, February 10	Monday, February 22	Wednesday, March 10
60m	60m Hurdles	60m	60m Hurdles
1200/1500m	800m	1200/1500m	800m
400m	200m	400m	200m
Triple Jump	Long Jump	Triple Jump	Long Jump
High Jump	Shot Put	High Jump	Shot Put
4 x 200m Co-Ed	4 x 100m Co-Ed	4 x 200m	4 x 100m

School Requirements

Each school must participate in the running of the meet and will need 2 adults plus 4 to 6 students in order to handle their function at the meet. Jobs will be assigned prior to the first event and the same job will be done at each of the 4 meets (eg. Long jump officiating, timing, etc.). A list of specific officiating rules will be sent in advance.

Due to a time frame restriction, we will have to limit the number of schools accepted. Those schools opting for participation in the full series will get preference. Parking passes are currently unavailable at the University of Manitoba. Athletics Manitoba will keep you posted of any changes closer to the time of the meet.

Schools are asked to bring their own medical kits as there are no medical personnel at these events.

Schools will be sent registration information upon confirmation in the program.

For more information, contact Diana Stevens, Program Manager at 925-5744



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REGISTRATION FORM

Note: Priority given to date of registration (first come, first served) and to those entering all 4 meets.

School: _____ E-mail: _____

Address: _____ City: _____ P. Code: _____

Phone: Work _____ Home _____ Fax _____

Coach(es): _____

Entry Fees: Please mark below.

_____ @\$40.00 = _____

_____ @\$40.00 = _____

_____ @\$40.00 = _____

_____ @\$40.00 = _____

OR

_____ All four Meets @\$100.00 = _____

Total Fee: _____ Payable to:
Athletics Manitoba

Forms & Fees are due by January 8th, 2010

WAIVER

On behalf of the Athletes participating in the above mentioned meets, in consideration of your accepting it, I hereby waive their rights and claims for damages against the organizers of the meets, their representatives, successors and assigns, for any and all injuries and losses that the athletes may suffer at these meets.

DATE: _____ Coach's Signature: _____

Principal's Signature: _____