MANITOBA INDOOR AGE CLASS CHAMPIONSHIPS

March 2 -3, 2012

DATE: Friday and Saturday, March 2, 3, 2012

SANCTION: Athletics Manitoba

SPONSOR: **BOEING OF CANADA**

HOST: Winnipeg Optimist Athletics

VENUE: Max Bell Centre, University of MB, Winnipeg

TIMING: Fully automatic electronic timing system – Omega Photo-timing Systems

AWARDS: 1st, 2nd, & 3rd place medals in all events except Elementary Relays

ENTRIES: Eligibility – All entrants must be registered members of Athletics Manitoba/Athletics Canada.

Entry Fees

- \$ 6.00 per event
- \$ 9.00 per each relay team
- Late Fees: \$12.00 per individual event and \$13.00 per each Relay Team
- Late entries will only be accepted if there is room and it does not change the schedule.
- Late entries will be accepted at the discretion of the meet director.

Cheques payable to: WINNIPEG OPTIMIST ATHLETICS

Entry deadline Received by February 23, 2012.

Please ensure that your entries are in on time, so that we can get the schedule out as soon as possible. The sooner we get your entries, the sooner you get the final schedule.

Entries are only accepted using the Hy-Tek system or the Direct Athletics online system. (www.directathletics.com). Hy-Tek file will be posted on the Athletics Manitoba website. No telephone or fax entries will be accepted.

Seeded sections – Please submit <u>accurate seed performances</u> in order to allow for the accurate seeding of track events. It is the responsibility of club and school coaches to ensure the accuracy of their entry data.

Questions may be directed to Larry Switzer at 204-885-5714 or larry.switzer@shaw.ca

FINALS: 60m, 60mh, 150m & 200m will proceed from heats to finals if entry numbers warrant. Other track events

will be run as seeded timed final sections.

SPECTATORS: There will be a daily \$2.00 admission fee.

EVENT CHANGE REMINDER:

Adopting the Athletics Canada Long Term Athlete Development Model, Bantam age groups will compete at 150m, 300m, and 1200m instead of 200m, 400m and 1500m, and Midget age groups will compete at 300m, 1200m and 2000m, instead of 400m, 1500m and 3000m.

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AGE CLASSES FOR 2012: PEEWEE: BORN in 2001 & later

BANTAM: BORN in 1999 & 2000
MIDGET: BORN in 1997 & 1998
YOUTH: BORN in 1995 & 1996
JUNIOR: BORN in 1993 & 1994
SENIOR: BORN in 1992 & earlier

MASTERS: Age 35 and over; Born 1976 & earlier

SHOT WEIGHTS: PeeWee & Bantam 2.73 kg (6 lbs)

Midget Women3 kgYouth Men5 kgJunior Men6 kg

Senior Men 7.26 kg (16 lbs)

All others 4 kg

WEIGHT THROW: Youth Men & all Women 9.09 kg (20 lbs)

Junior & Senior Men 15.91 kg (35 lbs)

HURDLES: <u>Hurdle Height</u> <u>To 1st Hurdle</u> <u>Between Hurdles</u>

Senior Men	1.067m (42")	13.72m	9.14m	
Junior Men	0.991m (39")	13.72m	9.14m	
Youth Men	0.914m (36")	13.72m	9.14m	
Midget Men	0.840m (33")	13.0m	8.5m	
Bantam Men	0.762m (30")	12.0m	7.5m	
Senior & Junior Women	0.840m (33")	13.0m	8.5m	
Youth Women	0.762m (30")	13.0m	8.5m	
Midget Women	0.762m (30")	12.0m	8.0m	
Bantam Women	0.762m (30")	12.0m	7.0m	

• Races will only be run at these standard distances.

EVENTS: See accompanying chart on page 3. Athletes may enter an individual event in **only one age class**. Athletes may move up in an event or to complete a Relay Team, but may not run an event or a relay in two different age groups or on two separate teams.

RELAYS: All teams members must be from the same Club or School.

Entries will be accepted on a first come first served basis. Some field events may have the number of athletes competing capped, or the number of attempts will be limited to **three**. These decisions will be made by the meet director and/or meet manager based on time considerations during the meet.

Please be advised that the Preliminary Schedule is exactly that, preliminary, and it will change. Final Schedule is based on the number of athletes that are entered per event. We will produce the final schedule out as soon as possible, once the entries are received.

All jump and throw athletes are required to report to their event one half hour before the start of their events for warm up.

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Events	PeeWee Boys/Girls	Bantam Boys/Girls	Midget Boys/Girls	Youth Men/Women	Junior Men/Women	Senior Men/Women	Special Olympic Men/Women	Wheel Chair Men/Women
Year of Birth	2001 & later	1999&2000	1997/98	1995/1996	1993/92	1991 & before		
60m	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
150m	Yes	Yes	NO	NO	NO	NO	NO	NO
200m	NO	NO	Yes	Yes	Yes	Yes	Yes	No
300m	NO	Yes	Yes	NO	NO	NO	NO	NO
400m Youth & Up	NO	NO	NO	Yes	Yes	Yes	Yes	No
600m PeeWee only	Yes	No	No	No	No	No	No	No
800m	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
1200m	No	Yes	Yes	NO	NO	NO	NO	NO
1500m	No	NO	NO	Yes	Yes	Yes	Yes	Yes
2000m	No	No	Yes	No	NO	NO	No	No
3000m	No	No	Yes	Yes	Yes	Yes	No	No
60m Hurdle - 60H	No	Yes	Yes	Yes	Yes	Yes	No	No
4x100m Relay	No	Yes	Yes	Yes	Yes	Yes	Yes	No
4x200m Relay	No	Yes	Yes	No	No	No	No	No
4x400m Relay	No	No	No	Yes	Yes	Yes	No	No
Shot Put - SP	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Long Jump - LJ	Yes	Yes	Yes	Yes	Yes	Yes	No	No
High Jump - HJ	No	Yes	Yes	Yes	Yes	Yes	No	No
Triple Jump - TJ	No	No	Yes	Yes	Yes	Yes	No	No
Pole Vault - PV	No	No	No	Yes	Yes	Yes	No	No
Weight Toss – WT	No	No	No	Yes	Yes	Yes	No	No

<u>Thursday, March 1, 2012 - Preliminary Schedule</u> <u>Elementary Relays – See Separate Entry Form</u>

<u> 2012</u>	<u>Tentative</u>	<u>Schedule</u>		Friday, March 1, 2012
9:45 AM	4 x 100m Relay	Grade 6 Boys	9:45 AM	4 X Standing Long Jump Gr. 4 Girls
	4 x 100m Relay	Grade 5 Boys		4 X Standing Long Jump Gr. 6 Boys
	4 x 100m Relay	Grade 4 Boys		4 X Standing Long Jump Gr. 4 Boys
	4 x 100m Relay	Grade 6 Girls		4 X Standing Long Jump Gr. 5 Boys
	4 x 100m Relay	Grade 5 Girls		4 X Standing Long Jump Gr. 6 Girls
	4 x 100m Relay	Grade 4 Girls		4 X Standing Long Jump Gr. 5 Girls
9:45 AM	8 x 40m Relay	Grade 6 Girls		
	8 x 40m Relay	Grade 5 Girls		
	8 x 40m Relay	Grade 4 Girls		
	8 x 40m Relay	Grade 6 Boys		
·	8 x 40m Relay	Grade 5 Boys		
	8 x 40m Relay	Grade 4 Boys		
12:45 PM	Awards			

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Tentative Schedule

Eridov Moro	h 2 2042 Field Eve		lative Sciii	euule	
-	h 2, 2012 Field Eve	_	Friday, Ma	0 0040 Field	Tambativa
8:30 AM	Long Jump	Midget Women	-	rch 2, 2012 Field	Tentative
8:30 AM	High Jump	Midget Men	6:00 P.M.	Long Jump	Peewee Women – Three trials
11:00 A.M.	Long Jump	Bantam Women	7:00 P.M.	Long Jump	Youth Women
2:15 P.M.	Long Jump	Bantam Men	7:00 P.M.	Shot Put	Peewee Women – Three trials
4:15 P.M.	Long Jump	Youth Men	7:00 P.M.	Shot Put	Peewee Men – Three trials
4:45 P.M.	Shot Put	Youth Men	8:15 P.M.	Long Jump	Junior + Open Men
-	h 2, 2012 Track	Tentative		Friday, March 2, 2	2012
8:30 AM	300m Time Final	Bantam Women			
	300m Time Final	Bantam Men	6:30 PM	Tentative	Evening Session
	300m Time Final	Midget Women		60m Hurdle Final	Junior Men
	300m Time Final	Midget Men		60m Hurdle Final	Open Men
	4x100m Time Final	Bantam Women		60m Hurdle Final	Junior Women
	4x100m Time Final	Bantam Men		60m Hurdle Final	Open Women
	4x100m Time Final	Midget Women		60m Final	Youth Women
	4x100m Time Final	Midget Men		60m Final	Youth Men
	60m Heats	Bantam Women		60m Heats	Peewee Women
	60m Heats	Bantam Men		60m Heats	Peewee Men
	60m Heats	Midget Women		60m Heats	Junior Women
	60m Heats	Midget Men		60m Heats	Open Women
12:15 PM	Lunch			60m Heats	Junior Men
1:15 PM	60m Hurdle Heats	Bantam Women		60m Heats	Open Men
	60m Hurdle Heats	Midget Women		60m Final	Peewee Women
	60m Hurdle Heats	Bantam Men		60m Final	Peewee Men
	60m Hurdle Heats	Midget Men		60m Final	Special Olympic Women
	1200m Time Finals	Bantam Women		60m Final	Special Olympic Men
	1200m Time Finals	Bantam Men		60m Final	Junior Women
	60m Final	Bantam Women		60m Final	Junior Men
	60m Final	Bantam Men		60m Final	Open Women
	60m Final	Midget Women		60m Final	Open Men
	60m Final	Midget Men		400m Time Final	Junior Women
	60m Heats	Youth Women		400m Time Final	Junior Men
	60m Heats	Youth Men		400m Time Final	SO Women/Open Women
	1200m Time Finals	Midget Women		400m Time Final	SO/Open Men
	1200m Time Finals	Midget Men		1500m Time Final	Junior + Open Women
	1500m Time Final	Youth Women		1500m Time Final	Junior + Open Men
	1500m Time Final	Youth Men			
	60m Hurdle Finals	Bantam Women			
	60m Hurdle Finals	Midget Women			
	60m Hurdle Finals	Bantam Men			
	60m Hurdle Finals	Midget Men			
	60m Hurdle Finals	Youth Women			
	60m Hurdle Heats	Junior Women			
	60m Hurdle Heats	Open Women			
	60m Hurdle Finals	Youth Men			
	60m Hurdle Heats	Junior Men			
	60m Hurdle Heats	Open Men			
	400m Time Final	Youth Women			
	400m Time Final	Youth Men			
	600m Time Final	PeeWee Women			
12/07/11	600m Time Final	PeeWee Men			

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Tentative Schedule							
Saturday, M	larch 3, 2012- Field	Events Tentative	Saturday,	, March 3, 2012 - Fie	eld Events		
9:00 AM	Long Jump	Midget Men	2:30 PM	Shot Put	Jr/Open Women C1		
9:00 AM	Shot Put	Bantam Men - Circle 1	2:30 PM	Shot Put	Special Olympic Women/Men C2		
9:00 AM	High Jump	Midget Women - Pit 2	2:30 PM	High Jump	Bantam Women - Pit 1		
9:00 AM	Shot Put	Midget Women Circle 2	2:30 PM	Triple Jump	Midget/Youth Men		
10:15 AM	Long Jump	Peewee Men -3 Trials	2:30 PM	Pole Vault	Women		
10:45 AM	High Jump	Bantam Men - Pit 2	3:30 PM	Shot Put	Youth Women		
10:45 AM	Shot Put	Midget Men - Circle 1	4:15 PM	Triple Jump	Junior/Open Men		
10:45 AM	Shot Put	Bantam Women Circle2	4:30 PM	Pole Vault	Men		
11:00 AM	Long Jump	Junior/ Open Women	5:30 PM	Weight Throw	Youth/Junior/Open Women		
11:30 AM	High Jump	Youth Jr Open Women	7:00 PM	Shot Put	Junior + Open Men		
1:00 PM	Triple Jump	Midget Women	7:00 PM	Triple Jump	Youth/Jr/Sr Women		
			7:00 PM	High Jump	Youth/Junior/Open Men		
			8:25 PM	Weight Throw	Youth/Junior/Open Men		
Saturday, M	larch 3, 2012 - Track	c Events Tentative					
8:30 AM	150m Time Final	Peewee Women	5:15pm	Supper			
	150m Time Final	Peewee Men	6:30 PM	200m Final	Youth Women		
	150m Heats	Bantam Women		200m Final	Youth Men		
	150m Heats	Bantam Men		200m Heats	Open Women		
	200m Heats	Midget Women		200m Heats	Open Men		
	200m Heats	Midget Men		200m Final	Junior Women		
	800m Time Finals	Bantam Women		200m Final	Junior Men		
	800m Time Finals	Bantam Men		3000m Finals	Youth Women		
	800m Time Finals	Midget Women		3000m Time Finals	Youth Men		
	800m Time Finals	Midget Men		4x100m Time Final	Youth Women		
	150m Finals	Bantam Women		4x100m Time Final	Youth Men		
	150m Finals	Bantam Men		4x100m Time Final	Junior/Senior Women		
	200m Finals	Midget Women		4x100m Time Final	Junior /Senior Men		
	200m Finals	Midget Men		200m Final	Open Women		
11:45 AM	Lunch			200m Final	Open Men		
12:45 PM	4x100m Time Final	Special Olympic Co-ed		3000m Finals	Junior/Open Women		
	4x200m Time Final	Bantam Women		3000m Final	Junior Men		
	4x200m Time Final	Bantam Men		3000m Final	Open Men		
	4x200m Time Final	Midget Women		4 x 400m Final	Youth Women		
	4x200m Time Final	Midget Men		4 x 400m Final	Youth Men		
	200m Heats	Youth Women		4 x 400m Final	Junior/Open Women		
	200m Heats	Youth Men		4 x 400m Final	Junior /Open Men		
1:50 PM	Official Ceremonies						
	200m Heats	Junior Women					
	200m Heats	Junior Men					
	200m Time Final	Special O Women					
	200m Time Final	Special Olympic Men					
	800m Time Finals	Youth Women					
	800m Time Finals	Youth Men					
	800m Time Finals	Junior/Open Women					
	800m Time Finals	Junior Men					
	800m Time Finals	Open Men					
	800m Sp. Olympic	Women/Men					

2000m Final

2000m Final

Midget Women

Midget Men