



TRACK AND FIELD / ROAD RUNNING CROSS COUNTRY

145 PACIFIC AVE. WINNIPEG, MB R3B 2Z6 TEL: 204-925-5745 FAX: 204-925-5792 www.athleticsmanitoba.com

2011 Athletics Manitoba Elementary Relays

Wednesday, March 16, 2011

MAX BELL CENTRE – UNIVERSITY OF MANITOBA

- Awards:** Participation Ribbons for all student competitors
 Ribbons for top five
 Award of Recognition for school with most points in each grade category
- Entry Fees:** Schools providing volunteer assistance for the meet will be given a significant discount on their entry fee.
 Volunteers should be available for the entire time and should be at least 15 years of age.
- Send Payment to:** Athletics Manitoba
 145 Pacific Ave
 Winnipeg, MB R3C 2Z6

Member Schools with 2 Volunteers
\$75.00

Member Schools with No Volunteers
\$150.00

YOU MUST BE A MEMBER SCHOOL OF ATHLETICS MANITOBA TO PARTICIPATE.

There will be a separate category of events for each gender in grades 4, 5 and 6.

Athletes may only participate in one of each of the events (not on multiple teams in the same event) unless alternate arrangements have been made with Athletics Manitoba. Students may move up a grade class to field a team.

Event Information

Top two teams per school will be used in point tabulation.

1. 4x Shot Put – total distance of 1 throw each of 4 team members (2.73kg / 6 lb. Shot).
2. 4x Long Jump – total distance of 1 jump each of 4 team members.
3. 8x 40M Shuttle Relay – 8 team members run 40M each (back & forth shuttle style)
4. 4x200 Lap Relay – each of 4 team members runs 1 lap

Events will run from 10:00 AM to approximately 2:30 PM.

Athletics Manitoba Elementary Relays

Entry Form due Wednesday, March 9, 2011

Relay Entries: indicate number of teams per event

	BOYS	BOYS	BOYS	GIRLS	GIRLS	GIRLS
EVENT	GR. 4	GR. 5	GR. 6	GR. 4	GR. 5	GR. 6
4 X 1 LAP						
8 X 40M SHUTTLE						
4 X STANDING LONG JUMP						
4 X SHOT PUT						

A Final Schedule will be emailed or faxed out after all entries have been received.