- DATE: Friday and Saturday, March 4, 5, 2011 Tuesday, March 1, 2011 – Elementary Relays
- 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 System
- AWARDS: 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place medals in all events except Elementary Relays
- MEET HOTEL: **Best Western 1714 Pembina Hwy -** Winnipeg, MB R3T 2G2 -Close to the University Phone - 204-269-8888 Fax - 204-269-8889
- ENTRIES: A) Eligibility All entrants must be registered members of Athletics Manitoba, Athletics Canada.

#### B) Entry Fees

- \$ 6.00 per event
- \$ 9.00 per each relay team
- \$ 12.00 per individual event for Late Entries
- \$ 13.00 per relay team for Late Entries

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.

#### C) Please make cheques payable to: WINNIPEG OPTIMIST ATHLETICS

#### D) Entry deadline - Midnight, February 25, 2010.

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.

- E) Entries must be done using the Hy-Tek system or online via Direct Athletics. The link to the online registration and the Hy-Tek file will be posted on the Athletics Manitoba event page.
- F) <u>No</u> telephone or fax entries will be accepted.
- G) 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.
- H) Questions may be directed to Larry Switzer at 204-885-5714
- FINALS: 60m, 60mh, 150m, and 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 Changes: Adopting the Athletics Canada Long Term Athlete Development Model: the Bantam age group will compete at 150m, 300m, & 1200m instead of 200m, 400m & 1500m the Midget age group will compete at 300m & 1200m instead of 400m & 1500m

AGE CLASSES FOR 20	BORN in 2000 & later BORN in 1998 & 1999 BORN in 1996 & 1997 BORN in 1994 & 1995 BORN in 1992 & 1993 BORN in 1991 & earlier Age 35 and over; Born 1975 & earlier				
SHOT WEIGHTS:	PeeWee & Bantam Midget Women Youth Men Junior Men Senior Men All others	2.73 kg (6 lbs) 3 kg 5 kg 6 kg 7.26 kg (16 lbs) 4 kg			
WEIGHT THROW:	Youth Men & all Women Junior & Senior Men	9.09 kg (20 lbs) 15.91 kg (35 lbs)			
HURDLES:	Senior Men Junior Men Youth Men Midget Men Bantam Men Senior & Junior Women Youth Women Midget Women Bantam Women Races will only be run at these	Hurdle Height 1.067m (42") 0.991m (39") 0.914m (36") 0.840m (33") 0.762m (30") 0.762m (30") 0.762m (30") 0.762m (30") standard distance	<u>To 1<sup>st</sup> Hurdle</u> 13.72m 13.72m 13.72m 13.0m 12.0m 13.0m 13.0m 12.0m 12.0m es.	Between Hurdles 9.14m 9.14m 8.5m 7.5m 8.5m 8.5m 8.0m 7.5m	

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.

<u>Please be advised that the Preliminary Schedule is exactly that, preliminary, and it will change.</u> 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.

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

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	2000 & later	1998/99	1996/97	1994/1995	1992/93	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	NO	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

## TENTATIVE SCHEDULE

## Friday March 4, 2011 Field Events

	,				
8:30 AM	Long Jump	Midget Women	6:00 P.M.	Long Jump	PeeWee Women – Three trials
8:30 AM	High Jump	Midget Men	7:00 P.M.	Long Jump	Youth Women
11:00 AM	Long Jump	Bantam Women	7:00 P.M.	Shot Put	PeeWee Women – Three trials
2:15 PM	Long Jump	Bantam Men	7:00 P.M.	Shot Put	Peewee Men – Three trials
4:15 PM	Long Jump	Youth Men	8:15 P.M.	Long Jump	Junior + Senior Men
4:45 PM	Shot Put	Youth Men			
Friday Marc	h 4, 2011 Track Eve	nts			
8:30 AM	300m Time Final	Bantam Women	6:30 PM	60m Hurdle Final	Junior Men
	300m Time Final	Bantam Men		60m Hurdle Final	Senior Men
	300m Time Final	Midget Women		60m Hurdle Final	Junior Women
	300m Time Final	Midget Men		60m Hurdle Final	Senior Women
	4x100m Time Final	Bantam Women		60m Final	Youth Women
	4x100m Time Final	Bantam Men		60m Final	Youth Men
	4x100m Time Final	Midget Women		60m Heats	PeeWee Women
	4x100m Time Final	Midget Men		60m Heats	PeeWee Men
	60m Heats	Bantam Women		60m Heats	Junior Women
	60m Heats	Bantam Men		60m Heats	Senior Women
	60m Heats	Midget Women		60m Heats	Junior Men
	60m Heats	Midget Men		60m Heats	Senior Men
12:15 PM	Lunch			60m Final	PeeWee Women
1:15 PM	60m Hurdle Heats	Bantam Women		60m Final	PeeWee Men
	60m Hurdle Heats	Midget Women		60m Final	Special Olympic Women
	60m Hurdle Heats	Bantam Men		60m Final	Special Olympic Men
	60m Hurdle Heats	Midget Men		60m Final	Junior Women
	1200m Time Finals	Bantam Women		60m Final	Junior Men
	1200m Time Finals	Bantam Men		60m Final	Senior Women
	60m Final	Bantam Women		60m Final	Senior Men
	60m Final	Bantam Men		400m Time Final	Junior Women
	60m Final	Midget Women		400m Time Final	Junior Men
	60m Final	Midget Men		400m Time Final	SO Women/Senior Women
	60m Heats	Youth Women		400m Time Final	SO/Senior Men
	60m Heats	Youth Men		1500m Time Final	Junior + Senior Women
	1200m Time Finals	Midget Women		1500m Time Final	Junior + Senior Men
	1200m Time Finals	Midget Men			
	1500m Time Final	Youth Women			
	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	Senior Women			
	60m Hurdle Finals	Youth Men			
	60m Hurdle Heats	Junior Men			
	60m Hurdle Heats	Senior Men			
	400m Time Final	Youth Women			
	400m Time Final	Youth Men			
	600m Time Final	PeeWee Women			
	600m Time Final	PeeWee Men			

## 2011 BOEING INDOOR CLASSIC MANITOBA INDOOR AGE CLASS CHAMPIONSHIPS Tentative Schedule

#### Saturday, March 5, 2011 - Field Events

outurauy,					
9:00 AM	Long Jump	Midget Men	2:30 PM	Shot Put	Jr/Senior 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	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/Senior Men
10:45 AM	Shot Put	Bantam Women Circle2	4:30 PM	Pole Vault	Men
11:00 AM	Long Jump	Junior/ Senior Women	5:30 PM	Weight Throw	Youth/Junior/Senior Women
11:30 AM	High Jump	Youth Jr Senior Women	7:00 PM	Shot Put	Junior + Senior Men
			7:00 PM	Triple Jump	Midget/Youth/Jr/Sr Women
			7:00 PM	High Jump	Youth/Junior/Senior Men
			8:25 P.M.	Weight Throw	Youth/Junior/Senior Men
Saturday,	March 5, 2011 - T	rack Events			
8:30 AM	150m Time Final	PeeWee Women	6:30 PM	200m Final	Youth Women
	150m Time Final	PeeWee Men		200m Final	Youth Men
	150m Heats	Bantam Women		200m Heats	Senior Women
	150m Heats	Bantam Men		200m Heats	Senior Men
	200m Heats	Midget Women		200m Final	Junior Women
	200m Heats	Midget Men		200m Final	Junior Men
	800m Time Finals	Bantam Women		3000m Finals	Youth Women
	800m Time Finals	Bantam Men		3000m Time Finals	Youth Men
	800m Time Finals	Midget Women		4x100m Time Final	Youth Women
	800m Time Finals	Midget Men		4x100m Time Final	Youth Men
	150m Finals	Bantam Women		4x100m Time Final	Junior/Senior Women
	150m Finals	Bantam Men		4x100m Time Final	Junior /Senior Men
	200m Finals	Midget Women		200m Final	Senior Women
	200m Finals	Midget Men		200m Final	Senior Men
11:45 AM	Lunch			3000m Finals	Junior/Senior Women

11:45 AM Lunch 3000m Finals Junior/Senior Women 12:45 PM 4x100m Time Final Special Olympic Co-Ed 3000m Final Junior Men 4x200m Time Final Bantam Women 3000m Final Senior Men Youth Women 4x200m Time Final Bantam Men 4 x 400m Final 4x200m Time Final Midget Women 4 x 400m Final Youth Men 4x200m Time Final Midget Men 4 x 400m Final Junior/Senior Women 200m Heats Youth Women 4 x 400m Final Junior /Senior Men 200m Heats Youth Men 1:50 PM **Official Ceremonies** 200m Heats Junior Women 200m Heats Junior Men Special O Women 200m Time Final 200m Time Final Special Olympic Men 800m Time Finals Youth Women 800m Time Finals Youth Men 800m Time Finals Junior/Senior Women 800m Time Finals Junior Men 800m Time Finals Senior Men 800m Sp. Olympic Women/Men 2000m Final Midget Women 2000m Final Midget Men

Supper