



**2011 ATHLETICS MANITOBA
PROVINCIAL JUNIOR HIGH CHAMPIONSHIP
Wednesday, June 8th
10:00 am
University of Manitoba Stadium**

- Provincial Junior High Championship (grades 7 – 9) to be held at the University of Manitoba outdoor stadium.
- \$5.00 per athlete to a maximum of \$50.00 per school.
- Athletes advance from their school and divisional meets as well as meeting standard at any of the Athletics Manitoba Grand Prix or sanctioned events. All those who place first, second or third at a school meet automatically are invited as well as anyone who meets the outlined standards. Register your school and divisional meets so that we can recognize your results for advancement to this championship.
- Athletes will be allowed to advance in up to **three events for the Championship**. Medals for top three in each event.

2011 JUNIOR HIGH CHAMPIONSHIP

STANDARDS

EVENT	WOMEN			MEN		
	Grade 7	Grade 8	Grade 9	Grade 7	Grade 8	Grade 9
100 meters	15.0	14.5	14.0	14.5	14.0	13.5
200 meters	31.0	30.0	29.5	30.0	29.0	28.5
300 meters	46.0	44.5	43.5	44.5	43.0	42.0
800 meters	2:50	2:45	2:40	2:42	2:35	2:32
1200 meters	4:40	4:35	4:30	4:15	4:18	4:20
1500 meters	5:25	5:20	5:15	5:25	5:15	5:10
80mh/100mh	16.7	16.3	16.0	16.5	18.0	18.0
Long Jump	3.60	3.80	4.00	3.85	4.00	4.20
High Jump	1.20	1.25	1.30	1.25	1.30	1.35
Shot Put	6.80	7.00	7.50	7.50	8.00	8.25
Discus	17.00	18.00	19.00	20.00	21.00	22.00

Registration is only accepted by filling out the Excel registration form available at www.athleticsmanitoba.com
Cheques are payable to Athletics Manitoba and can be send to 145 Pacific Ave, Winnipeg, Manitoba R3B 2Z6