2011 Summer Jam   "Just Another Meet"

Date: Monday, July 4 and Tuesday, July 12, 2011   Sanction: Athletics Manitoba

Host : Winnipeg Optimist Athletics   Venue: University of Manitoba Outdoor Track

Timing: Omega Photo Timing System   Awards: Firm Handshake

Entries: **1)** All participants must be a member of Athletics Manitoba, or Provincial Association, and Athletics Canada

2) Entry Fees $ 5.00 per individual event and $5.00 per relay with <u>$10.00 per individual event Late Entry</u>

3) Please make cheques payable to**: <u>Winnipeg Optimist Athletics</u>**

4) <u>Entry Deadline: Thursday June 30, 2011 for July 4, 2011 and Monday July 11, 10:00 AM for July 12 Meet</u>

5) Entries must be done online using Direct athletics or by using Hy-Tek. The link to the online registration and the Hy-Tek Meet Event File are posted on the Athletics Manitoba website Event Page:

   www.athleticsmanitoba.com/track-field/current-events/outdoor 2011

6) NO telephone or fax entries will be accepted

7) Seeded sections – Please submit **accurate seed performances**

8) Any questions please contact Wayne McMahon (204) 261-0467 email – gwaynemcmahon@gmail.com

<u>***NOTE: The Preliminary Schedule is a rough estimate of event times. It will change to a FINAL SCHEDULE based on the number of athletes that are entered per event.</u>
<u>The Final Schedule will be produced as soon as possible once all entries are received</u>
<u>EVENTS MAY RUN UP TO 15 MINUTES AHEAD OF SCHEDULE</u>

Summer Jam Day 1		Summer Jam Day 2	
	Monday, July 4, 2011		Tuesday, July 12, 2011
	Track		Track
6:00 PM	200mH/300mH/400mH	5:00 PM	4X100m
	100m		150m
	300m		200m
	400m		800m
	1500m		
	80mH/100mH/110mH		
	Field		Field
6:00 PM	Pole Vault - Men	5:00 PM	Triple Jump - Men
	Long Jump - Women	5:00 PM	High Jump - Men
	High Jump - Women	5:00 PM	Discus - Women
	Javelin - Women		
	Shot Put - Men		
			Triple Jump - Women
7:15 PM	Pole Vault Women	6:15 PM	
	Long Jump - Men	6:15 PM	Discus- Men
	Javelin - Men		Hammer - Women
	Shot Put - Women		Hammer - Men