



TRACK AND FIELD / ROAD RUNNING CROSS COUNTRY

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

2013 Junior High School Track Attack Series Sponsored & Sanctioned by Athletics Manitoba

This grassroots track and field series is open to any school with grades 7, 8 and 9 students. As per feedback from schools following last year's event we will be starting the events at **10:00 am**. Other changes include new starting heights in high jump (please ensure that athletes are proficient at these heights prior to entering them). Athletes will be given 3 attempts at shot put if time allows.

If you register for the Track Attack series you are eligible to compete in all Athletics Manitoba sanctioned events as a member school (you only pay the membership once).

4 Meet Series – Schools must register for a school membership in addition to the listed fees below (membership must be done online).

Schools with 24 or under athletes: \$350.00

Schools with more than 24 athletes: \$400.00

Individual meets: School membership required plus \$100.00 per meet

Meet Information

Schools may enter as many athletes as they wish in each event. There are separate categories run for grade 7, grade 8 and grade 9. Details as to time of events will be sent out after team registration.

Ribbons will be awarded for the top five places.

*****All four meets run at the Max Bell Centre at the University of Manitoba from 10:00 a.m. to 4:00 p.m.**

Wednesday, January 23, Monday, February 11, Wednesday, February 27, Thursday, March 14

Shot Put:

All girls will throw 3kg shot puts.
All boys will throw a 4kg shot put.

High Jump Starting Heights:

Grade 7 Girls: 1.20m; Grade 8 Girls: 1.25m; Grade 9 Girls: 1.25m
Grade 7 Boys: 1.25m; Grade 8 Boys: 1.30m; Grade 9 Boys: 1.35m

Hurdles:

All Girls: Start to first hurdle 12m; 7.5m spacing between hurdles; 30" height
Grade 7 & 8 Boys: Start to first hurdle 12m; 8.0m spacing between hurdles; 30" height
Grade 9 Boys: Start to first hurdle 12m; 8.0m spacing between hurdles; 33" height

School Requirements

Each school must participate in the running of the meet and will need **2 adults plus 4 – 6 students** in order to handle their function at the meet. Jobs will be assigned prior to the first event and the same job will be done at each of the 4 meets (eg. Long jump officiating, timing, etc.). A list of specific officiating rules will be sent in advance.

Due to a time frame restriction, we will have to limit the number of schools accepted. Those schools opting for participation in the full series will get preference. Parking passes are currently unavailable at the University of Manitoba. Athletics Manitoba will keep you posted of any changes closer to the time of the meet.

Schools are asked to bring their own medical kits as there are no medical personnel at these events.

**WE ARE SEEKING VOLUNTEERS (ADULT OR STUDENTS) WHO WOULD BE WILLING TO BE TRAINED TO ENTER RESULTS AT THE MEETS. COMPUTERS AND TRAINING WILL BE PROVIDED.
IF YOU ARE INTERESTED CONTACT DIANA AT diana_stevens@athleticsmanitoba.com**



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**Sponsored & Sanctioned by Athletics Manitoba
REGISTRATION FORM**

Note: Priority given to date of registration (first come, first served) and to those entering all 4 meets, we will confirm with schools once they have been accepted into the series. **Once a school is registered an athlete roster sheet will be sent via email that must be completed prior to first competition.**

School: _____ Main Contact E-mail: _____

Address: _____ City: _____ P. Code: _____

Phone: Work _____ Home _____ Fax _____

Coach(s): _____

What is the maximum amount of athletes you will bring to a meet? _____

Entry Fees: Please mark below.

_____ 4 Meet Series @\$350.00 for schools with 24 or under athletes

_____ 4 Meet Series @\$400.00 for schools with over 24 athletes

Individual Meets: (\$100.00 per meet) _____ Track Attack #1 _____ Track Attack #2 _____ Track Attack #3 _____ Track Attack #4

Total Fee Enclosed: _____

Forms & Fees are due by January 11, 2013

WAIVER

On behalf of the Athletes participating in the above mentioned meets, in consideration of your accepting it, I hereby waive their rights and claims for damages against the organizers of the meets, their representatives, successors and assigns, for any and all injuries and losses that the athletes may suffer at these meets.

Date: _____ Coach's Signature: _____

Principal's Signature: _____



**Athletics Manitoba
Track Attack Schedules 1 & 3**

Wednesday, January 23; Wednesday, February 27

Please note that we start the meet at 10:00 am. Please plan arrival times accordingly.

INFIELD

10:00	Grade 7 Boys	60m
	Grade 8 Boys	60m
	Grade 9 Boys	60m
	Grade 7 Girls	60m
	Grade 8 Girls	60m
	Grade 9 Girls	60m

INSIDE PIT – 2 attempts each

10:00	Grade 9 Boys	LJ
	Grade 8 Boys	LJ
	Grade 7 Boys	LJ

OUTSIDE PIT – 2 attempts each

10:00	Grade 9 Girls	TJ
	Grade 8 Girls	TJ
	Grade 7 Girls	TJ

SHOT PUT – 4kg shot for all boys

3 attempts each

Grade 9 Boys	Shot put
Grade 8 Boys	Shot Put
Grade 7 Boys	Shot Put

HIGH JUMP

Grade 9 Girls	High Jump (starting height 1.25m)
Grade 8 Girls	High Jump (starting height 1.25m)
Grade 7 Girls	High Jump (starting height 1.20m)

OVAL

10:00	Grade 9 Co-ed 4x200m	(#1)	Grade 9 Girls 4x200	(#3)
	Grade 8 Co-ed 4x200m	(#1)	Grade 8 Girls 4x200	(#3)
	Grade 7 Co-ed 4x200m	(#1)	Grade 7 Girls 4x200	(#3)
			Grade 9 Boys 4x200	(#3)
			Grade 8 Boys 4x200	(#3)
			Grade 7 Boys 4x200	(#3)

Grade 9 Girls	1200m
Grade 9 Boys	1200m
Grade 7 Girls	1200m
Grade 8 Girls	1200m
Grade 7 Boys	1200m
Grade 8 Boys	1200m

Grade 7 Girls	300m
Grade 8 Girls	300m
Grade 9 Girls	300m

Grade 7 Boys	300m
Grade 8 Boys	300m
Grade 9 Boys	300m

High Jump and shot put will take place after the 60m races are completed.



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Athletics Manitoba Track Attack Schedules 2 & 4

Monday, February 11; Thursday, March 14

Please note that we start the meet at 10:00 am. Please plan arrival times accordingly.

INFIELD

10:00	Grade 9 Girls	60m Hurdles
	Grade 8 Girls	60m Hurdles
	Grade 7 Girls	60m Hurdles
	Grade 7 Boys	60m Hurdles
	Grade 8 Boys	60m Hurdles
	Grade 9 Boys	60m Hurdles

OVAL

10:00	Grade 7 co-ed 4x100m (#2)	Grade 9 Boys 4x100 (#4)
	Grade 8 co-ed 4x100m (#2)	Grade 8 Boys 4x100 (#4)
	Grade 9 co-ed 4x100m (#2)	Grade 7 Boys 4x100 (#4)
		Grade 9 Girls 4x100 (#4)
		Grade 8 Girls 4x100 (#4)
		Grade 7 Girls 4x100 (#4)

Girls: Start to first hurdle 12m; 7.5 m between hurdles 30" high

Boys: Start to first hurdle 12m; 8.0m between hurdles 30" high for grade 7 & 8 boys; 33" for grade 9 boys.

OUTSIDE PIT

10:00	Grade 7 Girls	LJ	Grade 7 Boys	800m
	Grade 8 Girls	LJ	Grade 8 Boys	800m
	Grade 9 Girls	LJ	Grade 9 Boys	800m

INSIDE PIT

10:00	Grade 9 Boys	TJ	Grade 9 Girls	800m
	Grade 8 Boys	TJ	Grade 8 Girls	800m
	Grade 7 Boys	TJ	Grade 7 Girls	800m
			Grade 7 Boys	200m
			Grade 8 Boys	200m
			Grade 9 Boys	200m

SHOT PUT – 3kg for all girls

3 attempts each

Grade 9 Girls	Shot Put	Grade 7 Girls	200m
Grade 8 Girls	Shot Put	Grade 8 Girls	200m
Grade 7 Girls	Shot Put	Grade 9 Girls	200m

HIGH JUMP

Grade 9 Boys	High Jump (starting height 1.25m)
Grade 8 Boys	High Jump (starting height 1.30m)
Grade 7 Boys	High Jump (starting height 1.35m)

High Jump and shot put will take place after the 60m races are completed.