

FLYING 'M' FALL FROLIC

Max Bell Centre - University of Manitoba

Sanctioned by *Athletics MB*

Saturday, December 1, 2012

- FACILITIES:** 6 lane banked 200m rubber synthetic surface
8 lane straightaway
change rooms and washroom facilities available
spike length: 7mm or less
- EQUIPMENT:** Blocks to be used for sprint races only (60m, 300m)
Throwing equipment will be provided
- START:** 9:00am
- AGE CLASSES:** All age classes from Pee Wee – Masters, including Special O
- EVENTS:** Track Events: 60m, 100m, 200m, 300m, 400m, 500m, 600m, 800m, 1000m, 1500m, 2000m, 3000m, 4x100m
Field Events: Long Jump, Shot Put, High Jump, Weight Toss
*In the 60m, 600m the Senior age categories will be run first, with men following the women. After that it will be Pee Wee through to Masters women and then men. All other events will be run in the following order: alternating women & men (Pee Wee, Bantam, Midget, Juvenile, Junior, Senior, Special O)
Pee Wee athletes will compete in the 60m, Long Jump and Shot Put only
- MARSHALLING:** Will take place in a designated area. Please marshal promptly so as to facilitate the running of the meet. All track events will be *TIMED* sections.
- AWARDS:** Ribbons for 1st to 5th place in each category.
- ENTRY DEADLINE:** All entries must be received by Tuesday, November 27, 2012
- ENTRY FEES:**
- a) Individual events: \$5.00/event
 - b) Relays: \$8.00/team
 - c) Please make cheques payable to "*FLYING 'M' ATHLETIC CLUB*"
 - d) Late fees will be \$10/individual event and \$12/relay team
- ATHLETICS MANITOBA MEMBERSHIP:** All athletes must be a member of Athletics Manitoba/Athletics Canada, either as an individual or part of a school. Any entries from non-members will not be entered until Flying 'M' receives confirmation of membership from Athletics Manitoba/Canada. Membership information is available at: www.athleticsmanitoba.com
- ELECTRONIC ENTRIES:** www.directathletics.com to register online or view the events page on the Athletics Manitoba website
- MAIL OR E-MAIL ENTRIES TO:** *Jill Seymour*
423 Ash Street
Winnipeg, MB R3N 0R1
flyingathleticclub@hotmail.com

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DRAFT SCHEDULE

Track Events include: 60m, 100m, 200m, 300m, 400m, 600m, 800m, 1000m, 1500m, 2000m, 3000m, 4x100m

Field Events include: Long Jump, Shot Put, High Jump, Weight Toss

TIME	TRACK	TIME	FIELD
9:00	60m Hurdles 1000m	9:00	Long Jump (2 pits) Pee Wee Women & Bantam Women
9:30	60m Senior W+M, Pee Wee W+M Bantam W+M, Youth W+M, Junior W+M	10:15	Long Jump Midget Women & Special O Women
11:00	600m	10:30	Shot Put Pee Wee & Bantam Women
		11:00	Shot Put Pee Wee & Bantam Men Long Jump Bantam/Midget/Special O Men
12:10	4X100 Relay	11:30	Shot Put Midget & Special O Women High Jump ALL Women
12:30-1:30	Break on Track	12:30	Weight Toss Men and Women Long Jump Pee Wee Men
		1:00	High Jump Bantam /Midget Men
1:30	300m (22 heats) Senior W+M Pee Wee W+M Bantam W+M Youth W+M Junior W+M	1:45	Shot Put Youth/Junior/Senior Women
		2:00	Long Jump Youth/Jr/Sr Women
		2:30	Shot Put Midget, Youth & Special O Men High Jump Youth/Jr/Sr Men
3:30	3000m	3:30	Long Jump Youth/Jr/Sr Men Shot Put Junior/Senior Men

**Please note that in the 60m, 300m, 600m, 1000m and 3000m the Senior age categories will be run first, with men following the women. After that it will be Pee Wee through to Masters women and then men.

**The 1000m and possibly the 600m will be hand timed. All other races will be electronically timed.

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Please **PRINT** or **TYPE** all information

COACH:			CLUB/SCHOOL:		
LAST NAME/FIRST NAME	SEX	YOB	CTFA #	EVENTS	ENTRY FEE

On behalf of the athletes listed on this entry from, in consideration of your accepting it, I hereby waive their rights and claims for damage against Athletics Canada, Athletics Manitoba, the Organizers of the meet, their agents, representatives, successors and assign for any and all injuries that the athletes may suffer in this competition.

Date _____ Signature _____

Club/School Contact: _____ Phone # _____

E-mail address: _____

Mailing Address: _____

** To insure that you receive your results promptly, please fill in the information accurately. **

DO NOT SEND CASH IN THE MAIL