



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



Track & Field / Road Running / Cross Country

School Information

Fall/Winter

2012-2013



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Athletics Manitoba is the sport governing body for cross country, track and field and cross country in the province of Manitoba. Athletics Manitoba is a volunteer driven, athlete focused, not-for-profit organization that operates programs in all seven regions of the province. The programs we offer represent the full range of skill development from early entry through developmental and high performance for athletes, coaches and officials.

Athletics Manitoba is located at the Sport for Life Centre at 145 Pacific Ave.

2012-2013 Athletics Manitoba Staff

Christopher Belof	Provincial Program Manager	chris.belof@athleticsmanitoba.com	204.925.5745
Shirley Allan-Boudreau	Communications & Membership Coordinator	shirlab@mts.net	
Adam Penner	Grassroots and Competition Manager	adam.penner@shaw.ca	204.925.5743
Diana Stevens	Executive Director	diana_stevens@athleticsmanitoba.com	204-925.5744

Athletics Manitoba Awards Brunch

- Location: Greenwood Inn
- Date: Sunday, November 4
- Time: 11:00 am start for the Awards Brunch
- Cost: Award Recipients will receive a complimentary brunch ticket. Additional tickets are \$20.00 and can be reserved by contacting Chris Belof at chris.belof@athleticsmanitoba.com (payable on November 4). Confirmation of attendance for brunch must be made by Friday, October 26.
- Parking: Free parking

NEW FOR 2012!!

Athletics Manitoba Annual General Meeting

Sunday, November 4

Following Awards Brunch

1:30 pm

Greenwood Inn

Agenda will be posted at www.athleticsmanitoba.com



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2012 COACH OF THE YEAR AWARDS

NOMINEES

NOMINATOR

_____ Elite Coach

_____ Years of Service Recognition (+20 years)

_____ Coach to Watch (Coaching less than 5 years)

Name: _____

Name: _____

School/Club: _____

School/Club: _____

Years Coaching: _____

Event(s) Coached: _____

Coaching Highlights for season (i.e. teams that the coach worked with, athletes the coach worked with, highlights of athletes and teams worked with):

**Coaches must be a registered member of Athletics Manitoba or coach for a registered school club.
Nominations due October 19, 2012**



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2012 - 2013 MEMBERSHIP INFORMATION

All memberships (individual athletes, road running, coaches, clubs, associates and officials) **must be completed online** at <http://athleticsmanitoba.shuttlepod.org> Payment can be submitted by Mastercard or Visa (online) or by choosing manual payment and submitting cash or cheque (payable to Athletics Manitoba). Online membership registration and all fees must be submitted prior to registering for any sanctioned event.

Athlete Membership	\$50.00
Coach Membership	\$15.00
Official (MTFOA)	\$15.00
Junior Official (under 18)	FREE

Individuals joining a registered club will pay their athlete membership to the club along with all other necessary fees. Club and individual membership fees are all due prior to competing in any sanctioned event for the 2012-2013 calendar year. Please contact registered clubs for fee schedules.

<i>Bison Track and Field</i>	<i>Claude Berube</i>	<i>204.474.8989</i>	<i>berubecr@cc.umanitoba.ca</i>
<i>Bulldogs (Special Olympics)</i>	<i>Eileen Thiessen</i>	<i>204.654.4149</i>	
<i>Central Athletics</i>	<i>Alphonse Bernard</i>		<i>avgborn2@mymts.net</i>
<i>Flying M Athletics</i>	<i>Gillian Seymour</i>	<i>204.489.7361</i>	
<i>Navvies Track Club (Special O)</i>	<i>Stephanie Lambert</i>	<i>204.797.4517</i>	<i>navvies@shaw.ca</i>
<i>Stride Ahead Tough Track</i>	<i>Andrew Tough</i>	<i>204.452.1179</i>	<i>toughtrack11@gmail.com</i>
<i>Titans Performance (Special O Youth)</i>	<i>Ken Stevens</i>		<i>ken@titansperformance.com</i>
	<i>Lindsay Sturgeon</i>	<i>204.782.5546</i>	
<i>Winnipeg Optimist Athletics</i>	<i>Larry Switzer</i>	<i>204.885.5714</i>	<i>larry.switzer@shaw.ca</i>

School Membership

Benefits

- Only member schools of Athletics Manitoba are allowed to register at sanctioned meets.
- Insurance Coverage for the full year, including training (secondary insurance)
- Free Hy-Tek or Direct Athletics training (if required) for athlete and meet registration
- Reduced cost for Athletics Manitoba technical courses and other coaching and skills clinics

Elementary School Membership:	\$100.00
Elementary School Day Membership (only good for one meet):	\$50.00
Road Running School Membership:	\$25.00
Junior /High School Membership (24 athletes or less)	\$125.00
Junior /High School Membership (25 athletes or more)	\$175.00

Please note that *High School Series* schools pay their school membership with their entry fee.

Club Status

Registration as a Club will involve a yearly fee for each club based on the number of registered members. **All club memberships must be submitted electronically online.** All clubs must have an established executive consisting of a President, Secretary, Treasurer, Registrar, Bingo Contact and Volunteer Coordinator. Schools that wish to be recognized as a club must also pay the school membership fee.

Club Benefits:

- Three club executives will receive associate memberships at no cost
- Voting rights at the Annual General Meeting
- Three coaches (must complete Respect In Sport) will receive coaching memberships at no cost
- Opportunity for Bingo Fundraising

Club Fees

0-24 Members	\$75.00
25+ Members	\$150.00



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Tentative 2012-2013 Schedule

Please check the Athletics Manitoba website for updates on schedule.

September

Saturday, September 15	U of R Cougar Trot Cross Country	Regina, SK
Saturday, September 22	Birch Open	Roseile, MB
Wednesday, September 26	Annual Coaches Forum	Sport Manitoba

October

Wednesday, October 3	MILK XC Championships	Harbourview
Saturday, October 6	U of S Open Cross Country	Saskatoon, SK
Wednesday, October 17	MHSAA XC Championships	Spruce Woods
Saturday, October 20	Chris McCubbins Age Class Championships	Harbourview
Saturday, October 27	Stewart Cup – Alberta Cross Country Championships	Calgary, AB

November

Sunday, November 4	Athletics Manitoba Awards Banquet & Annual General Meeting	Greenwood Inn
Saturday, November 24	National Cross Country Championships	Vancouver, BC

December

Saturday, December 1	Flying M Frolic	U of M
Friday, December 7	Last Chance Meet	U of M
Saturday, December 8	Last Chance Meet	U of M

January

Wednesday, January 9	TBA - evening	U of M
Friday, January 18	Athletics Manitoba Open	U of M
Wednesday, January 23	Track Attack #1	U of M
Thursday, January 24	High School Series #1	U of M
Wednesday, January 30	Bison Elementary Relays	U of M

February

Friday, February 1-2	Bison Classic	U of M
Friday, February 8-9	Queen City Kinsmen Indoors	Regina, SK
Monday, February 11	Track Attack #2	U of M
Wednesday, February 13	High School Series #2	U of M
Wednesday, February 13	TBA - evening	U of M
February 22-24	Can West Championships	Regina, SK
Monday, February 25	High School Series #3	U of M
Wednesday, February 27	Track Attack #3	U of M
Thursday, February 28	Boeing Classic Elementary Relays	U of M

March

Friday, March 1	Boeing Classic	U of M
Saturday, March 2	Boeing Classic	U of M
Saturday, March 2	Annual Coaches Lunch/Forum	U of M
Thursday, March 7	High School Series #4	U of M
March 8-10	CIS Championships	
Wednesday, March 13	Athletics Manitoba Elementary Relays	U of M
Thursday, March 14	Track Attack #4	U of M
Friday, March 15	High School Series Championships	U of M

April

Friday, April 12	Athletics Manitoba Super Coaching Seminar	U of M
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2012 MILK RUN

Cross Country Challenge

Wednesday, October 3

PROVINCIAL SCHOOL TEAM CHAMPIONSHIP

Kilcona Park/Harbourview Golf Club

10:00 am	Grade 4 Girls	2km
10:15 am	Grade 4 Boys	2km
10:30 am	Grade 5 Girls	2km
10:45 am	Grade 5 Boys	2km
11:00 am	Grade 6 Girls	2km
11:15 am	Grade 6 Boys	2km
11:30 am	Grade 7 Girls	2km
11:45 am	Grade 7 Boys	2km
12:00 pm	Grade 8 Girls	2km
12:15 pm	Grade 8 Boys	2km
12:30 pm	Grade 9/10 Girls (JV)	3km
12:45 pm	Grade 9/10 Boys (JV)	3km
1:00 pm	Varsity Girls	3km
1:15 pm	Varsity Boys	5km



Final schedule will be posted / distributed following finalization of registration. Races can run up to 15 minutes ahead so please arrange arrival times accordingly.

AWARDS

Banner for Top Team, (Male and Female) in each Grade

Top 10 athletes in each age category receive award ribbons.

All athletes receive a participation ribbon and a carton of chocolate milk.

ENTRY INFORMATION

Team Entries: A team will consist of a maximum of 6 and a minimum of 4 athletes of one gender with the best 4 performances counting in the team score. Athletes must belong to the same school. Entry fee of \$10.00 per team (per age group) to a maximum of \$70.00 per school. Individual entries \$5.00 per person. Cheques payable to Athletics Manitoba.

Entry Deadline: All entries must be submitted by email chris.belof@athleticsmanitoba.com no later than Friday, September 28, 2012 (www.athleticsmanitoba.com).

Changing and washroom facilities will be open for use at the Harbourview Club House. The restaurant will be open for purchasing refreshments. This meet is sanctioned by Athletics Manitoba and MHSAA and sponsored by Dairy Farmers of Manitoba.

Contact Chris Belof at 204.925-5745 if you have any questions.





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2012 MILK Cross Country Challenge

Entry Form due September 28, 2012

Email to: chris.belof@athleticsmanitoba.com

Entry Fees: \$5.00 per individual entry. \$10.00 per team (up to 6 individuals) to a school maximum of \$70.00.

Indicate number of teams per event – Maximum of 6 athletes per team, best 4 performances will be used in team total for award banners. Banners will be presented to the top male and female team per age grouping. Top 10 in each age category will receive award ribbons. All participants will receive a participation ribbon.

School: _____ **Coach:** _____

Contact Email: _____ **Contact Phone #** _____

Teams	Number of Teams	Individual Entries
Grade 4 Girls		
Grade 4 Boys		
Grade 5 Girls		
Grade 5 Boys		
Grade 6 Girls		
Grade 6 Boys		
Grade 7 Girls		
Grade 7 Boys		
Grade 8 Girls		
Grade 8 Boys		

Junior Varsity Girls		
Junior Varsity Boys		
Senior Varsity Girls		
Senior Varsity Boys		





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4th Annual High School Track & Field Championship Series

Athletics Manitoba is looking for 4-6 students who are interested in being trained as photo-timers and results personnel. Training will take place at all the High School Series (these students do not count toward the required volunteers each school needs and need to be at all four qualifying meets) and once trained, students would have opportunity to be hired for ongoing sanctioned events through the indoor and outdoor season. Please contact the Athletics Manitoba Office at 925-5744 if you have any students who would be interested.

Dates:	Qualifying Meet #1	Thursday, January 24
	Qualifying Meet #2	Wednesday, February 13
	Qualifying Meet #3	Monday, February 25
	Qualifying Meet #4	Thursday, March 7
	Championship Meet	Friday, March 15

Eligibility: Entry is open to all high school teams in Manitoba. Individual entries will not be accepted!

Cost: Registration in the High School Series includes the school membership fee!

As a school member schools may also register athletes for other Athletics Manitoba sanctioned events (Grand Prix's, Flying M, Boeing Classic etc). Fees must be submitted to Athletics Manitoba by Friday, December 14, 2012.

2013 High School Series Fees: Fees include your Athletics Manitoba School Membership (school still must complete online membership registration at <http://athleticsmanitoba.shuttlepod.org>)

\$600 – for school registering 15 or more athletes for the series

\$450 – for schools registering less than 15 athletes for the series

Entries will be accepted for the complete series only!

Categories: (High School Eligibility Rules)

Junior Girls	Senior Girls
Junior Boys	Senior Boys

Technical Information:

- Junior & Senior Girls Hurdles 30" 7.5m spacing between hurdles.
- Junior & Senior Boys Hurdles 36" 8.5m spacing between hurdles.
- Junior & Senior Girls 4kg shot put
- Junior Boys 4 kg shot put
- Senior Boys 5kg shot put

Schedule:

The four qualifying meets run at the Max Bell Centre at the University of Manitoba from **1:00 p.m. to 5:00 p.m.** as follows:

Events:

Thursday, January 24 Qualifying Meet 1	Wednesday, February 13 Qualifying Meet 2	Monday, February 25 Qualifying Meet 3	Thursday, March 7 Qualifying Meet 4
60m	60m Hurdles	60m	60m Hurdles
400m	800m	400m	800m
1500m	200m	1500m	200m
Triple Jump (M, W) Long Jump (W, M)	Long Jump (M, W) Triple Jump (W, M)	Triple Jump (M, W) Long Jump (W, M)	Long Jump (M, W) Triple Jump (W, M)
Shot Put	Shot Put	Shot Put	Shot Put
High Jump (W)	High Jump (M)	High Jump (W)	High Jump (M)
4 x 200m	Medley (800 x 200 x 200 x 400)	4 x 200m	Medley (800 x 200 x 200 x 400)

Volunteer Officials:

It is mandatory that schools who register 15 or more athletes must bring a minimum of two volunteers to each meet. Schools with less than 15 athletes must bring at least one volunteer to each meet.



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Qualifying Meet Schedule (Meets 1 & 3)

Track Events

1:00pm – 2:15pm	60 metres	Infield
2:00pm – 3:00pm	1500 metres	Oval
3:00pm – 4:15pm	400 metres	Oval
4:15pm – 5:00pm	4 x 200 metre relay	Oval

Field Events

1:00pm – 1:45pm	Shot Put	Sr. Girls
1:00pm - 2:15pm	Triple Jump	Sr. Boys
	Triple Jump	Sr. Girls
1:45pm – 2:30pm	Shot Put	Jr. Girls
2:30pm – 3:45pm	Long Jump	Jr. Boys
	Long Jump	Jr. Girls
2:30pm – 3:15pm	Shot Put	Sr. Boys
3:15pm – 4:00pm	Shot Put	Jr. Boys
2:15pm – 3:15pm	High Jump (Starting Height 1.20m)	Sr. Girls
3:15pm – 4:5pm	High Jump (Starting Height 1.25m)	Jr. Girls

Qualifying Meet Schedule (Meets 2 & 4)

Track Events

1:00pm – 1:45pm	60 metres hurdles	Infield
1:45pm – 2:45pm	800 metres	Oval
2:45pm – 4:00pm	200 metres	Oval
4:00pm – 5:00pm	Medley Relay (800, 200, 200 400)	Oval

Field Events

1:00pm – 1:45pm	Shot Put	Sr. Girls
1:00pm-2:15pm	Triple Jump	Jr. Girls
	Triple Jump	Jr. Boys
1:45pm – 2:30pm	Shot Put	Jr. Girls
2:30pm – 3:45pm	Long Jump	Sr. Girls
	Long Jump	Sr. Boys
2:30pm – 3:15pm	Shot Put	Sr. Boys
3:15pm – 4:00pm	Shot Put	Jr. Boys
2:15pm – 3:15pm	High Jump (Starting Height 1.40m)	Jr. Boys
3:15pm – 4:5pm	High Jump Starting Height 1.50m)	Sr. Boy



Meet Information

1. Track Race Order -- Junior Girls, Senior Girls, Junior Boys, Senior Boys
2. Relays –School may enter up to three teams per category. (Listed as “A”, “B” and “C”).
3. Points Scoring: 12, 10, 9, 8, 7, 6, 5, 4, 3, 3, 3, 3. (The category championship banners (Junior Girls, Senior Girls, Junior Boys and Senior Boys) will be based on the four qualification meets and not the Championship meet).
4. Schools may enter as many athletes as they wish per event but only three athletes per school will score.
5. Athletes may enter a maximum of two events plus a relay per meet. (Two events equate to: two track or two field or one track and one field event).
6. Ribbons will be presented to the top six finishers of each event in all four of the qualifying events.
7. A teacher from each school must be present during each competition.
8. Athletes must wear school uniforms or plain t-shirts (No club uniforms will be allowed).
9. All meet communication will be by email.
10. The Athletics Manitoba website will be used for posting of results and updating of individual standings and team results.
11. Qualification:
 - i) Top 12 in all track events including relays
 - ii) Top 12 in all field events
 - iii) Schools must confirm a qualifying athlete's entry for the championship final by noon, Tuesday, March 13th. In the case that an athlete who qualifies for a final is not able to complete the next highest ranked qualifier will be moved in to the Championship Final.
12. Championship Meet:
 - i) Medals for 1st, 2nd, and 3rd.
 - ii) Ribbons for 4th, 5th and 6th.
 - iii) There will be an “A” and “B” Final for all track events, including relays. The finalists in the Long Jump, Triple Jump and Shot Put will have three attempts only.



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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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2013 Junior High School Track Attack Series

**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: _____



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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

11:00	Grade 9 Boys	LJ
	Grade 8 Boys	LJ
	Grade 7 Boys	LJ

OUTSIDE PIT – 2 attempts each

11:00	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

11:00	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

11:00	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

11:00	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

11:00	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.



2012-2013 Athletics Manitoba Junior Development Program

The Junior Development program is a provincially focused operation run by Athletics Manitoba. The program will be targeted at a wide range of ages with varying experience and skill levels; age ranges are 10 years – 16 years of age, both males & females. The program will have limited registrations. This program seeks to reach and introduce athletes that have an interest in track and field but feel that regular training sessions or club based programming are too time consuming or demanding. A wide variety of events areas will be taught with a focus on essential skill development for future success. The program will focus on LTAD model guidelines of teaching skills and movement patterns that are applicable to athlete development age. These skills will be based on previous event experiences and physical maturation, not focusing heavily on chronological age.

The Junior Development program is run under the supervision of the Athletics Manitoba Grassroots and Competition Manager, Adam Penner. The goals of the program:

- To provide an introduction to a training environment that is focused on having fun and learning a variety of fundamental movement skills and abilities through track and field events & activities.
- To provide instruction and coaching within an athletics specific environment that is grounded in Long Term Athlete Development principles and progressions based on developmental rather than chronological age.
- To provide athletes, coaches and parents of school or community based programs continued mentorship and cooperation with the partnership of Athletics Manitoba in the talent identification and development of athletes.
- To provide school or community based athletes an opportunity to learn about and prepare for selection to an Athletics Manitoba provincial team competitive opportunity.

When:

- Six Sessions prior to Christmas beginning October 27.
- Six Sessions after Christmas beginning January 12.
- 1:00 – 2:00 pm

Where:

- University of Manitoba Max Bell Indoor Track & Field

Cost:

- \$200 per Athlete for the entire 12-week program that includes Athletics Manitoba individual membership fee that allows athletes to compete in all Athletics Manitoba sanctioned events (details will be given to athletes prior to events). Limit of 20 athletes.

Junior Development II

For those athletes who have already trained within the Junior Development program or in school programs and wish to focus on discipline specific training can sign up for this program. If there is sufficient interest (15 per session) a second option of a Wednesday evening training session will be added (both programs would be the same each week).

When:

- Six Sessions prior to Christmas beginning October 27.
- Six Sessions after Christmas beginning January 12.
- 11:00 am – 12:30 pm

Where:

- University of Manitoba Max Bell Indoor Track & Field

Cost:

\$200 per Athlete for the entire 12-week program that includes Athletics Manitoba individual membership fee that allows athletes to compete in all Athletics Manitoba sanctioned events (details will be given to athletes prior to events). Limit of 15 athletes.

Contact: Adam Penner at adam.penner@shaw.ca 204.925-5743



2013 Athletics Manitoba Elementary Relays

Wednesday, March 13th

MAX BELL CENTRE – UNIVERSITY OF MANITOBA

- Awards:** Participation Ribbons for all student competitors
 Ribbons for top five
 Award of Recognition for school with most points in each grade category
- Entry Fees:** Schools providing volunteer assistance for the meet will be given a significant discount on their entry fee.
Volunteers must be available for the entire time and should be at least 15 years of age.
- Send Payment to:** Athletics Manitoba
 145 Pacific Ave
 Winnipeg, MB R3C 2Z6

Member Schools with 2 Volunteers
\$100.00

Member Schools with No Volunteers
\$175.00

YOU MUST BE A MEMBER SCHOOL OF ATHLETICS MANITOBA TO PARTICIPATE.

There will be a separate category of events for each gender in grades 4, 5 and 6.

Athletes may only participate in one of each of the events (not on multiple teams in the same event) unless alternate arrangements have been made with Athletics Manitoba. Students may move up a grade class to field a team.

Event Information

Top two teams per school will be used in point tabulation.

1. 4x Shot Put – total distance of 1 throw each of 4 team members (2.73kg / 6 lb. Shot).
2. 4x Long Jump – total distance of 1 jump each of 4 team members.
3. 8x 40M Shuttle Relay – 8 team members run 40M each (back & forth shuttle style)
4. 4x200 Lap Relay – each of 4 team members runs 1 lap

Events will run from 10:00 AM to approximately 2:30 PM.

Athletics Manitoba Elementary Relays

Entry Form due Friday, March 8

Relay Entries: indicate number of teams per event

	BOYS	BOYS	BOYS	GIRLS	GIRLS	GIRLS
EVENT	GR. 4	GR. 5	GR. 6	GR. 4	GR. 5	GR. 6
4 X 1 LAP						
8 X 40M SHUTTLE						
4 X STANDING LONG JUMP						
4 X SHOT PUT						

A Final Schedule will be emailed or faxed out after all entries have been received.



**Athletics Manitoba Elementary Relays
Wednesday, March 13th**

SCHEDULE

The schedule may need to be altered during the meet - please listen for announcements throughout the day.

<u>10:00 a.m.</u>	4x200m Relay	Grade 6 Boys	<u>10:00 a.m.</u>	4xStanding LJ	Grade 4 Boys
	4x200m Relay	Grade 5 Boys		4xStanding LJ	Grade 4 Girls
	4x200m Relay	Grade 4 Boys		4xStanding LJ	Grade 5 Boys
	4x200m Relay	Grade 6 Girls		4xStanding LJ	Grade 5 Girls
	4x200m Relay	Grade 5 Girls		4xStanding LJ	Grade 6 Boys
	4x200m Relay	Grade 4 Girls		4xStanding LJ	Grade 6 Girls
<u>10:00 a.m.</u>	8 x 40m Shuttle	Grade 6 Girls			
	8 x 40m Shuttle	Grade 5 Girls			
	8 x 40m Shuttle	Grade 4 Girls			
	8 x 40m Shuttle	Grade 6 Boys			
	8 x 40m Shuttle	Grade 5 Boys			
	8 x 40m Shuttle	Grade 4 Boys			

Following the completion of the Shuttle Relay, the 4x Shot Put will begin in the following order:

- Grade 6 Girls
- Grade 5 Girls
- Grade 6 Girls
- Grade 6 Boys
- Grade 5 Boys
- Grade 4 Boys

(1st = 7 points, 2nd = 5 points, 3rd = 3 points, 4th = 2 points, 5th = 1 point)

All participation ribbons, award ribbons and team banners will be delivered to schools by the end of March.

Thank you for your participation in the 2012 Athletics Manitoba Elementary Relays!!



2013 Hershey's Track and Field Games

More than 400,000 children compete in the Hershey's Track and Field Games annually – making it the largest youth sports program of its kind in North America!

Hershey's Track and Field Games are about introducing children 9-14 (age as of December 31, 2013) to the fun of track and field! Whether athletes get to compete at the local, provincial or even North American level, the program is about helping ignite the passion of healthy living and competition in a fun atmosphere! It is easy to get involved, just register your school, zone or divisional track and field meet as a Hershey's Track and Field qualifying meet. Schools receive ten t-shirts as draw prizes for their meet if they register by May 31st. Any athletes finishing first, second and third automatically advance to the Manitoba Hershey's Track and Field Championships on June 15th and 16th at Grant Park High School in Winnipeg. All those athletes who meet or exceed the provincial standards are also invited to the June championships.

The Hershey's Track and Field Manitoba Provincial Championships will be held Friday, June 15th (4:00-9:00 pm) and Saturday, June 16th (9:00am-4:00pm) at Grant Park High School outdoor track located at 450 Nathaniel Street in Winnipeg.

Athletes born in 2001, 2002, 2003 or 2004 may compete in two track events and one field event or two field events and one track event plus a relay at the provincial championships (the relay at this age will not be allowed to advance to the North American Finals). Athletes born in 1999 or 2000 are allowed to compete in two track events and one field event or two field events and one track event (please note that relay event counts as a track event).

Events at the Hershey's Track and Field Games Manitoba Provincial Championships

Athletes born in 2003 or 2004: 50m, 100m, 200m, 400m, Standing Long Jump, Softball Throw, 4x100m relay*

Athletes born in 2001 or 2002: 100m, 200m, 400m, 800m, Standing Long Jump, Softball Throw, 4x100m relay*

Athletes born in 1999 or 2000: 100m, 200m, 800m, 1600m, Standing Long Jump, Softball Throw, 4x100m relay

**Only the 13/14 year old relay results will be submitted to the North American selection committee.*

For any athletes advancing to the Hershey's Track and Field Manitoba Championship in June will be required to fill out an online registration form available at www.athleticsmanitoba.com and all non-Athletic Manitoba individual members will need to pay \$5.00 for insurance at the meet. **There are no entry fees for the meet!**

First place results from the Hershey's Track and Field Manitoba Provincial Championship are submitted to a North American selection committee and a minimum of 5 athletes and two coaches will be chosen to represent Manitoba at the North American Championships in Hershey, Pennsylvania in August. Each participant in the North American Finals receives an all expense paid trip to Hershey for four days of fun filled events and are chaperoned by Athletics Manitoba approved chaperones. **Please note that All North American participants will be required to obtain a Canadian passport!**

Diana Stevens, Executive Director
(204) 925-5744
diana_stevens@athleticsmanitoba.com



TRACK AND FIELD / ROAD RUNNING CROSS COUNTRY

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



2013 Hershey Qualifying Meet Registration

Register your regional, divisional and school meet to qualify for the Provincial Championships and receive draw prizes!

Region: _____ Date of Meet: _____

Location of Meet: _____

Name of Contact Person: _____

School or Organization in Charge: _____

Mailing Address: _____

Postal Code: _____ Telephone: _____

Email: _____ Fax: _____

Anticipated Participation: _____ Anticipated Volunteers: _____

Please list all schools participating in meet:



For further information please contact:

Diana Stevens
Athletics Manitoba
(204) 925-5744
diana_stevens@shaw.ca



**2013 Hershey's Track and Field Games Championships
June 14 & 15, 2013
Grant Park High School Winnipeg, Manitoba**

General Information

- Age categories are as of December 31, 2013.
- Check in will begin at 3:30 pm. Please note that there will be no parking allowed in the Grant Park High School parking lot until 5:00 pm and parking is limited in the adjacent Community Centre as it is a pick up sport for the Manitoba Marathon (tickets will be issued if parking within a loading area on this lot). There is ample parking across the street at the Grant Park Shopping Centre.
- Athletes will be issued a competitor number – this number is required for both days!
- Washrooms are available inside the Grant Park High School.
- **Results will be posted on site as they become available. No results will be posted electronically due to Hershey's Track and Field Games regulations.**
- Top eight finishers will be awarded ribbons. Heats will be run in the 50m, 100m and 200m. Top 6 times in the heats will advance to the finals. All other track events will be run as timed finals. Track events take priority over field – if an athlete is involved in both a track and field event at one time, they must register with the field event, run their track event, and immediately return to their field event. All athletes must be ready to marshal 30 minutes prior to track events and 15 minutes prior to field events.
- **Events can run ahead of schedule by up to 20 minutes** – please listen to ongoing announcements and arrive in sufficient time for events.
- All first place results will be submitted to Hershey, Pennsylvania for verification and **consideration for advancement** to the North American Finals August 2 – 5, 2012. **A first place finish does not guarantee advancement!**
- ***All athletes who finish first in an event must report to the registration tent to fill out submission forms and a parent/guardian must be present in order to sign consent forms.***
- A minimum of 5 athletes will be selected to represent Manitoba at the North American Finals.
- Confirmation of Team Manitoba will be made by July 15, 2013.
- Athletes attending the North American Finals must have a valid Canadian passport to travel.
- **NIKE RESUSE A SHOE PROGRAM WILL BE AVAILABLE BOTH DAYS – PLEASE BRING OLD RUNNING SHOES ALONG TO BE DONATED TO THIS PROGRAM – ALL SHOES ARE RECYCLED!**

**CHECK IN WILL BEGIN AT 3:30 PM -
PLEASE NOTE THAT NO PARKING IN SCHOOL PARKING LOT UNTIL 5:00 PM!!**

**2013 Hershey's Track and Field Games Championships
Schedule**

Please remember that we will make every effort to go with times posted but we may be ahead or behind by as much as 15 minutes. Please listen for ongoing announcements and arrive well in advance of posted time to ensure you don't miss your event.

Friday, June 14, 2013

Track Events

Marshaling will begin at 3:45 pm

4:00 pm	100m (Heats)	Hershey 1999/2000 Girls
4:20 pm	100m (Heats)	Hershey 1999/2000 Boys
4:40 pm	100m (Heats)	Hershey 2001/2002 Girls
5:00 pm	100m (Heats)	Hershey 2001/2002 Boys
5:20 pm	100m (Heats)	Hershey 2003/2004 Girls
5:40 pm	100m (Heats)	Hershey 2003/2004 Boys
6:00 pm	400m Timed Finals	Hershey 2001/2002 Girls
6:15 pm	400m Timed Finals	Hershey 2001/2002 Boys
6:30 pm	400m Timed Finals	Hershey 2003/2004 Girls
6:45 pm	400m Timed Finals	Hershey 2003/2004 Boys
7:00 pm	1600m Timed Finals	Hershey 1999/2000 Girls
7:10 pm	1600m Timed Finals	Hershey 1999/2000 Boys
7:20 pm	100m Finals	Hershey 1999/2000 Girls
7:25 pm	100m Finals	Hershey 2001/2002 Girls
7:30 pm	100m Finals	Hershey 2003/2004 Girls
7:35 pm	100m Finals	Hershey 1999/2000 Boys
7:40 pm	100m Finals	Hershey 2001/2002 Boys
7:45 pm	100m Finals	Hershey 2003/2004 Boys



Please remember that if you have a track and a field event scheduled you must check in at the field event, complete your track event and then return as soon as possible to the field event.

Field

Marshaling will begin at 5:45 pm

4:00 pm	Standing Long Jump	Hershey 2003/2004 Boys
4:00 pm	Ball Throw	Hershey 2003/2004 Girls
5:00 pm	Standing Long Jump	Hershey 2003/2004 Girls
5:00 pm	Ball Throw	Hershey 2003/2004 Boys
6:00 pm	Standing Long Jump	Hershey 2001/2002 Girls
6:00 pm	Ball Throw	Hershey 2001/2002 Boys
7:00 pm	Standing Long Jump	Hershey 2001/2002 Boys
7:00 pm	Ball Throw	Hershey 2001/2002 Girls

**2013 Hershey's Track and Field Games Championships
Saturday, June 15, 2013**

Registration will begin at 8:45 am for those athletes who did not pick up athlete packages on Friday. Please remember to bring your bib number if you competed on Friday!

Track Events

Marshaling will begin at 9:15 am

9:30 am	200 m Heats	Hershey 2003/2004 Boys
9:40 am	200m Heats	Hershey 2003/2004 Girls
9:50 am	200 m Heats	Hershey 2001/2002 Boys
9:50 am	200 m Heats	Hershey 2001/2002 Girls
10:00 am	200 m Heats	Hershey 1999/2000 Boys
10:10 am	200 m Heats	Hershey 1999/2000 Girls
10:20 am	50m Heats	Hershey 2003/2004 Boys
10:30 am	50m Heats	Hershey 2003/2004 Girls
10:45 am	800m Timed Finals	Hershey 1999/2000 Boys
10:55 am	800m Timed Finals	Hershey 1999/2000 Girls
11:05 am	800m Timed Finals	Hershey 2001/2002 Boys
11:15 am	800m Timed Finals	Hershey 2001/2002 Girls



Field Events

Marshaling will begin at 9:10 am

9:30 am	Standing Long Jump	Hershey 1999/2000 Girls
9:30 am	Ball Throw	Hershey 1999/2000 Boys
10:30 am	Standing Long Jump	Hershey 1999/2000 Boys
10:30 am	Ball Throw	Hershey 1999/2000 Girls

Lunch break – Marshaling will begin at 12:15 pm

Track Events

12:30 pm	50 m Finals	Hershey 2003/2004 Boys
12:35 pm	50 m Finals	Hershey 2003/2004 Girls
12:45 pm	200m Finals	Hershey 1999/2000 Boys
12:50 pm	200m Finals	Hershey 2001/2002 Boys
12:55 pm	200m Finals	Hershey 2003/2004 Boys
1:00 pm	200m Finals	Hershey 1999/2000 Girls
1:05 pm	200m Finals	Hershey 2001/2002 Girls
1:10 pm	200m Finals	Hershey 2003/2004 Girls

All relays are being run as timed finals – only the 1999/2000 results will be submitted to the North American Selection committee but all relays are eligible for ribbons.

1:20 pm	4x100m Relay	Hershey 1999/2000 Boys
1:30 pm	4x100m Relay	Hershey 1999/2000 Girls
1:40 pm	4x100m Relay	Hershey 2001/2002 Boys
1:50pm	4x100m Relay	Hershey 2001/2001 Girls
2:00 pm	4x100m Relay	Hershey 2003/2004 Girls
2:10 pm	4x100m Relay	Hershey 2003/2004 Girls

Please remember that if you have a track and a field event scheduled you must check in at the field event, complete your track event and then return as soon as possible to the field event.



VOLUNTEER OPPORTUNITIES

There are ongoing opportunities for individuals to get involved in volunteering at various events that Athletics Manitoba offers. Athletics Manitoba is a not-for-profit association and relies on volunteers in order to facilitate programs. Volunteers are needed in a variety of capacities and training will be provided at the events. If your students, teachers, parents or leadership group are looking to volunteer please consider one of the following (dates and locations listed on the Schedule of Events):

MILK Cross Country Challenge
Track Attack Series
High School Series

We also have volunteer opportunities at any of our sanctioned indoor track events including the Last Chance events and Athletics Manitoba Open.