



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

5th 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 925-5745 if you have any students who would be interested.

Dates:	Qualifying Meet #1	Tuesday, January 21
	Qualifying Meet #2	Wednesday, February 12
	Qualifying Meet #3	Monday, February 24
	Qualifying Meet #4	Tuesday, March 4
	Championship Meet	Thursday, March 13

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 any other Athletics Manitoba sanctioned event (Grand Prix's, Flying M, Boeing Classic etc). Fees must be submitted to Athletics Manitoba by Friday, December 14, 2013.

2014 High School Series Fees: Fees include your Athletics Manitoba School Membership (school still must complete online membership registration at <http://athleticsmanitoba.shuttlepod.org>)

- \$625 –for school registering 15 or more athletes for the series
 - \$175 for Athletics Manitoba School Membership
 - \$450 for High School Series Entries
 -
- \$450 – for schools registering less than 15 athletes for the series
 - \$125 for Athletics Manitoba School Membership
 - \$325 for High School Series Entries

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



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

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:

Tuesday, January 21 Qualifying Meet 1	Wednesday, February 12 Qualifying Meet 2	Monday, February 24 Qualifying Meet 3	Tuesday, March 4 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)

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 Triple Jump	Sr. Boys Sr. Girls
1:45pm – 2:30pm	Shot Put	Jr. Girls
2:30pm – 3:45pm	Long Jump Long Jump	Jr. Boys 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



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

Qualifying Meet Schedule (Meets 2 & 4)

Field Events

1:00pm – 1:45pm	Shot Put	Sr. Girls
1:00pm-2:15pm	Triple Jump Triple Jump	Jr. Girls Jr. Boys
1:45pm – 2:30pm	Shot Put	Jr. Girls
2:30pm – 3:45pm	Long Jump Long Jump	Sr. Girls 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. Boys

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.