



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

2014 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 **10:30 am**. Please note starting heights in high jump (please ensure that athletes are proficient at these heights prior to entering). 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 less than 15 athletes: \$350.00

Schools with 15 or more athletes: \$400.00

Individual meets: \$100.00 per meet plus the Athletics Manitoba school membership

Individual athletes: \$25.00 per meet – Individual athletes must be an Athletics Manitoba Member and their school cannot also be entered in the 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.

Ribbons will be awarded for the top five places.

***All four meets run at the Max Bell Centre at the University of Manitoba from **10:30 a.m. to 4:00 p.m.**
Wednesday, January 23, Tuesday, February 11, Wednesday, February 26, Friday, 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 CHRIS AT chris.belof@shaw.ca



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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 less than 15 athletes

_____ 4 Meet Series @\$400.00 for schools with 15 or more athletes

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

Individual Participant (\$25.00 per meet): **Individual athletes must be an Athletics Manitoba Member and their school cannot also be entered in the meet.**

_____ Track Attack #1 _____ Track Attack #2 _____ Track Attack #3 _____ Track Attack #4

Total Fee Enclosed: _____

Forms & Fees are due by January 10, 2014

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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Track Attack Schedules 1 & 3

Thursday, January 23; Wednesday, February 26

Please note that we start the meet at 10:30 am. Please plan arrival times accordingly.

INFIELD

10:30	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

10:30	Grade 9 Boys	LJ
	Grade 8 Boys	LJ
	Grade 7 Boys	LJ

OUTSIDE PIT – 2 attempts each

10:30	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

10:30	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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Track Attack Schedules 2 & 4

Tuesday, February 11; Friday, March 14

Please note that we start the meet at 10:30 am. Please plan arrival times accordingly.

INFIELD

10:30	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

Girls: Distance to first hurdle 12m;

7.5 m between hurdles, height 30"

Boys: Distance to first hurdle 12m;

8.0m between hurdles

Height 30" for grade 7 & 8, 33" for grade 9

OUTSIDE PIT

10:30	Grade 7 Girls	LJ
	Grade 8 Girls	LJ
	Grade 9 Girls	LJ

INSIDE PIT

10:30	Grade 9 Boys	TJ
	Grade 8 Boys	TJ
	Grade 7 Boys	TJ

OVAL

10:30	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)

Grade 7 Boys 800m

Grade 8 Boys 800m

Grade 9 Boys 800m

Grade 9 Girls 800m

Grade 8 Girls 800m

Grade 7 Girls 800m

Grade 7 Boys 200m

Grade 8 Boys 200m

Grade 9 Boys 200m

Grade 7 Girls 200m

Grade 8 Girls 200m

Grade 9 Girls 200m

SHOT PUT – 3kg for all girls

3 attempts each

Grade 9 Girls Shot Put

Grade 8 Girls Shot Put

Grade 7 Girls Shot Put

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.