



# TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

•145 PACIFIC AVE. WINNIPEG, MB. R3B 2Z6 •TEL: 204-925-5745 •FAX: 204-925-5792 •CHRIS.BELOF@SHAW.CA •[www.AthleticsManitoba.com](http://www.AthleticsManitoba.com)

## 2014 ATHLETICS MANITOBA PROVINCIAL JUNIOR HIGH CHAMPIONSHIP

Wednesday, June 4th

University of Manitoba Stadium

9:30 am - 4:30 pm

Due to the large number of athletes competing, especially in the field events, we have made changes to the schedule to facilitate the completion of these events. We ask for cooperation from schools in listening for ongoing announcements as to marshaling of events and awards.

- Each school is responsible for providing **1 adult volunteer for every 10 athletes** participating, in order to assist in running the meet. Schools will be contacted with their job allocation along with instructions and officiating rules prior to the meet. Where possible we will still have Manitoba Track and Field Officials present with school volunteers assisting.
- Athletes advance from their school and divisional meets. All those who place first, second or third at a school meet automatically are invited as well as anyone who meets or exceed the outlined standards.
- Athletes will be allowed to advance in up to **three events for the Championship.**
- Medals for top three in each event will be awarded.
- Medical personnel will be on site.
- The Championships will be used as identification for provincial team opportunities including: Hershey's Track and Field Provincial Championships & Midget Provincial Team.
- School rosters must be received no later than May 30, 2014. They should be emailed to [athleticsmb@shaw.ca](mailto:athleticsmb@shaw.ca). Please ensure you use the registration spreadsheet that is available on the Athletics Manitoba website at <http://athleticsmanitoba.com/event/am-junior-high-championships/>
- \$5.00 per athlete to a maximum of \$85.00 per school.

Further information: Athletics Manitoba – [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)  
Chris Belof (204) 925-5745 [chris.belof@shaw.ca](mailto:chris.belof@shaw.ca)

### 2014 JUNIOR HIGH STANDARDS

- Discus - 1kg for all athletes
- Shot Put – Grade 9 Boys 4kg; all other athletes 3kg

EVENT	WOMEN			MEN		
	Grade 7	Grade 8	Grade 9	Grade 7	Grade 8	Grade 9
100 meters	15.0	14.5	14.0	14.5	14.0	13.5
200 meters	31.0	30.0	29.5	30.0	29.0	28.5
300 meters	46.0	44.5	43.5	44.5	43.0	42.0
800 meters	2:50	2:45	2:40	2:42	2:35	2:32
1200 meters	4:40	4:35	4:30	4:20	4:18	4:15
1500 meters	5:25	5:20	5:15	5:25	5:15	5:10
80mh/100mh	16.7	16.3	16.0	16.5	18.0	18.0
Long Jump	3.60	3.80	4.00	3.85	4.00	4.20
High Jump	1.20	1.25	1.30	1.25	1.30	1.35
Shot Put	6.80	7.00	7.50	7.50	8.00	8.25
Discus	17.00	18.00	19.00	20.00	21.00	22.00



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## 2014 ATHLETICS MANITOBA JUNIOR HIGH CHAMPIONSHIPS

University of Manitoba Outdoor Stadium

Wednesday, June 4, 2014 9:30 am – 4:30 pm

### SCHEDULE OF EVENTS – Events may run ahead of schedule – listen for announcements!

If an athlete is competing in both a track and field event at the same time; they must check in at the field event and then go compete in their track event. They must return to the field event as soon as possible following the track event and check back in with the official (if they do not return within a reasonable time they will not be allowed to continue in that event).

In the throwing events, due to time restraints and the volume of athletes competing, each athlete will complete three throws in succession and only the longest throw will be measured. In the long jump, both pits will be used and each athlete will be allowed three jumps. A flight (10 athletes at a time) will complete their jumps and then the next flight will be called. Athletes will need to remain in close proximity to the competition area so that they can hear when the next group of athletes is being called.

#### TRACK

9:30	Grade 9 Girls	80mh (12m; 8.0m space 30")
	Grade 8 Girls	80mh (12m; 8.0m space 30")
	Grade 7 Girls	80mh (12m; 7.5m space 30")
	Grade 7 Boys	80mh (12m; 7.5m space 30")
	Grade 8 Boys	100mh (13m; 8.5m space 33")
	Grade 9 Boys	100mh (13m; 8.5m space 33")
10:30	Grade 9 Girls	100m Heats
	Grade 8 Girls	100m Heats
	Grade 7 Girls	100m Heats
	Grade 7 Boys	100m Heats
	Grade 8 Boys	100m Heats
	Grade 9 Boys	100m Heats
11:30	Grade 9 Boys	1200m
	Grade 8 Boys	1200m
	Grade 7 Boys	1200m
	Grade 9 Girls	1200m
	Grade 8 Girls	1200m
	Grade 7 Girls	1200m
Lunch Break		
12:45	Grade 9 Boys	100m Final
	Grade 8 Boys	100m Final
	Grade 7 Boys	100m Final
	Grade 9 Girls	100m Final
	Grade 8 Girls	100m Final
	Grade 7 Girls	100m Final
1:15	Grade 9 Boys	800m
	Grade 8 Boys	800m
	Grade 7 Boys	800m
	Grade 9 Girls	800m
	Grade 8 Girls	800m
	Grade 7 Girls	800m
2:15	Grade 9 Boys	300m
	Grade 8 Boys	300m
	Grade 7 Boys	300m
	Grade 9 Girls	300m
	Grade 8 Girls	300m
	Grade 7 Girls	300m
3:00	Grade 9 Boys	Medley (800-200-200-400)
	Grade 8 Boys	Medley
	Grade 7 Boys	Medley
	Grade 9 Girls	Medley
	Grade 8 Girls	Medley
	Grade 7 Girls	Medley

#### FIELD

9:30	Grade 9 Boys	Shot Put (4kg)
	Grade 8 Boys	Shot Put (4kg)
	Grade 7 Boys	Shot Put (3kg)
	Grade 9 Girls	Shot Put (3kg)
	Grade 8 Girls	Shot Put (3kg)
	Grade 7 Girls	Shot Put (3kg)
9:30	Grade 7 Girls	Long Jump
	Grade 8 Girls	Long Jump
	Grade 9 Girls	Long Jump
	Grade 9 Boys	Long Jump
	Grade 8 Boys	Long Jump
	Grade 7 Boys	Long Jump
9:30	Grade 8 Boys	High Jump (start 1.25m N)
10:30	Grade 9 Boys	High Jump (start 1.30m S)
11:30	Grade 7 Boys	High Jump (start 1.20m S)
12:30	Grade 7 Girls	High Jump (start 1.15m S)
1:30	Grade 8 Girls	High Jump (start 1.20m N)
2:30	Grade 9 Girls	High Jump (start 1.25m S)
9:30	Grade 7 Girls	Discus
	Grade 8 Girls	Discus
	Grade 9 Girls	Discus
	Grade 7 Boys	Discus
	Grade 8 Boys	Discus
	Grade 9 Boys	Discus