



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

2014 Athletics Manitoba Age Class Championship

Date: Friday, July 4 & Saturday, July 5, 2014
Sanction: Athletics Manitoba
Venue: University of Manitoba Outdoor Track
Timing: Omega Photo Timing System

Entries:

- All participants must be members of Athletics Manitoba to participate and be recognized for medals; those who are members of another provincial association must indicate their membership number and will receive ribbons if they place in the top three
- Entries must be done online using Trackiereg.ca or by using Hy-Tek
- The link to the online registration and the Hy-Tek Meet Event File are posted on the Athletics Manitoba website Event Page
- All track events **must indicate a seed time to ensure fair seeded sections**
- Entries must be submitted no later than July 1 (midnight) to avoid late charges
- Entry fees: \$10.00 for first individual event and \$5.00 for each subsequent individual event
\$10.00 for relays
\$25.00 for Multiple Events (Octathlon, Pentathlon, Decathlon or Heptathlon)

** Multiple event will only be held if there are three or more athletes competing in age appropriate category**

Late fees will be assessed as of July 2 with \$5 surcharge to fees indicated above.

AGE CLASSES FOR 2014:	PEE WEE:	BORN IN 2003 & LATER
	BANTAM:	BORN IN 2001 & 2002
	MIDGET:	BORN IN 1999 & 2000
	YOUTH:	BORN IN 1997 & 1998
	JUNIOR:	BORN IN 1995 & 1996
	SENIOR:	BORN IN 1994 & OLDER
	MASTERS:	BORN 1978 AND EARLIER

Hurdles:		<u>Hurdle Height</u>	<u>To 1st Hurdle</u>	<u>Between Hurdles</u>
	Bantam Women	0.762m(30")	12.0m	7.5m
	Midget Women	0.762m(30")	12.0m	8.0m
	Youth Women	0.762m(30")	13.0m	8.5m
	Jr. & Sr. Women	0.840m(33")	13.0m	8.5m
	Bantam Men	0.762m(30")	12.0m	7.5m
	Midget Men	0.840m(33")	13.0m	8.5m
	Youth Men	0.914m(36")	13.72m	9.14m
	Junior Men	0.991m(39")	13.72m	9.14m
	Senior Men	1.067m(42")	13.72m	9.14m



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2014 Provincial Age Class Championships Tentative Schedule

Friday, July 4, 2014

TRACK

- 5:30 pm **Event #1 100m** Decathlon Men
5:30 pm **Event #1 100m** Octathlon Men
5:40 pm **Event #1 100mh** Heptathlon Women
5:55 pm 100m Timed Finals (Midget Men)
6:05 pm 100m Timed Finals (Midget Women)
6:15 pm 100m Heats (Youth & older Men)
6:25 pm 100m Heats (Youth & older Women)
6:35 pm 100m Heats (Canada Games Men)
6:45 pm 100m Heats (Canada Games Women)
7:00 pm 80m Timed Final Pee Wee/Bantam Men
7:10 pm 80m Timed Final Pee Wee/Bantam Women
7:25 pm 1500m Timed Final (Youth & older, Canada Games Men)
7:40 pm 1500m Timed Final (Youth & older, Canada Games Women)
7:50 pm 300m Timed Final (Bantam/Midget Men)
8:00 pm 300m Timed Final (Bantam/Midget Women)
8:15 pm **Event #4 200m** Heptathlon Women
8:25 pm 100m Finals (Youth & older Men)
8:35 pm 100m Finals (Youth & older Women)
8:40 pm 100m Finals (Canada Games Men)
8:45 pm 100m Finals (Canada Games Women)
8:50 pm 1200m Timed Finals (Bantam/Midget Men)
9:00 pm 1200m Timed Finals (Bantam/Midget Women)
9:10 pm **Event #4 400m** Octathlon Men
9:15 pm 400m Timed Finals (Youth & older Men)
9:20 pm 400m Timed Finals (Youth & Older Women)
9:25 pm 400m Timed Finals (Canada Games Men)
9:30 pm 400m Timed Finals (Canada Games Women)
9:40 pm **Event #5 400m** Decathlon Men
- 100m Heats for Youth and older will become Timed Finals if entry numbers are under 8

FIELD

- 5:30 pm Shot Put (Pee Wee/Bantam Men & Women) **3 attempts**
6:00 pm **Event #2 Long Jump** Decathlon Men **3 attempts**
6:00 pm **Event #2 Long Jump** Octathlon Men **3 attempts**
6:00 pm **Event #2 High Jump** Heptathlon Women
6:00 pm Pole Vault (M)
6:00 pm Discus (Midget Men & Older)
6:30 pm Shot Put (Midget & Older Women)
6:30 pm Standing Long Jump (Pee Wee/Bantam Men & Women) **3 attempts**
7:00 pm Triple Jump (Midget & Older Men)
7:30 pm Discus (Midget & older Women)
7:30 pm Pole Vault (W)
7:30 pm **Event #3 Shot Put** Decathlon Men **3 attempts**
7:30 pm **Event #3 Shot Put** Heptathlon Women **3 attempts**
7:30 pm **Event #3 Shot Put** Octathlon Men **3 attempts**
8:00 pm Triple Jump (Midget & Older Women)
8:30 pm Shot Put (Midget & Older Men)
8:15 pm **Event #4 High Jump** Decathlon Men



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Saturday, July 5, 2014

TRACK

9:00 am	Event #1 80mh Pentathlon Women (Midget)
9:10 am	Event #1 100mh Pentathlon Men (Midget)
9:20 am	Event #6 110mh Decathlon
9:30 am	Event #5 110m Hurdles Octathlon Men
9:30 am	110mh Timed Final (Junior & older Men)
9:40 am	100mh Timed Final (Midget Men)
9:45 am	100mh Timed Final (Youth & Older Women)
9:50 am	80mh Timed Final (Bantam Men, Bantam, Midget)
10:00 am	3000m Timed Final (Youth & older Men)
10:15 am	3000m Timed Final (Youth & older Women)
10:30 am	200m Timed Final (Midget Men)
10:45 am	200m Timed Final (Midget Women)
11:00 am	200m Heats (Youth & older Men)
11:15 am	200m Heats (Youth & older Women)
12:00 pm	Event #8 1000m Octathlon Men
12:10 pm	Event #7 800m Heptathlon Women
12:15 pm	600m Timed Finals (Pee Wee Men & Women)
12:30 pm	1500m Steeple
12:40 pm	2000m Steeple
12:50 pm	3000m Steeple
1:00 pm	4x100m Relays (M) (W)
1:30 pm	200mh Timed Final (M) (W)
1:40 pm	300mh Timed Final (M) (W)
1:50 pm	400mh Timed Final (M) (M)
2:00 pm	Event #5 800m Pentathlon Women
2:10 pm	Event #5 1000m Pentathlon Men
2:15 pm	Event # 10 1500m Decathlon
2:25 pm	150m Timed Final (Pee Wee, Bantam Men)
2:35 pm	150m Timed Final (Pee Wee, Bantam Women)
2:45 pm	200m Finals (Youth & older Men)
2:55 pm	200m Finals (Youth & older Women)
3:05 pm	800m Timed Final (Bantam, Midget Men)
3:15 pm	800m Timed Final (Youth & up Men)
3:25 pm	800m Timed Final (Bantam, Midget Women)
3:35 pm	800m Timed Final (Youth & up Women)
3:45 pm	2000m Timed Final (Bantam, Midget Men)
4:00 pm	2000m Timed Final (Bantam, Midget Women)
4:15 pm	4x400m Relays (M) (W)



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9:00 am	Javelin Midget & Older Men
9:15 am	Event #6 Event #2 High Jump - Octathlon Men, Pentathlon Women
9:30 am	Event #5 Long Jump Heptathlon Women 3 attempts Event# 2 Long Jump Pentathlon Men 3 attempts
9:30 am	Event #7 Discus Decathlon Men 3 attempts
10:15 am	High Jump (Pee Wee/Bantam Women)
10:15 am	Long Jump (Pee Wee & Bantam Men) 3 attempts
10:30 am	Event #6 Event #7 Javelin Heptathlon Women & Octathlon Men
10:45 am	Event #3 Event #3 Shot Put Pentathlon Men & Women 3 attempts
11:00 am	High Jump (Pee Wee & Bantam Men)
11:15 am	Javelin Midget & Older Women
11:15 am	Long Jump (Pee Wee/Bantam Women) 3 attempts
11:00 am	Event #8 Pole Vault Decathlon Men
11:30 am	Ball Throw (Pee Wee/Bantam Men & Women) 3 attempts
12:00 pm	Event #4 High Jump Pentathlon Men
12:15 pm	Event #4 Long Jump Pentathlon Women 3 attempts
12:15 pm	Long Jump (Midget & Older Women)
12:30 pm	Event #9 Javelin Decathlon Men 3 attempts
1:00 pm	High Jump (Midget & Older Women)
1:00 pm	Long Jump (Midget & Older Men)
1:30 pm	Hammer (M) (W)
2:15 pm	High Jump (Midget & Older Men)