DATE: Friday and Saturday, March 6,7, 2015

SANCTION: Athletics Manitoba

- SPONSOR: BOEING OF CANADA
- HOST: Winnipeg Optimist Athletics
- VENUE: Max Bell Centre, University of MB, Winnipeg
- TIMING: **Fully automatic electronic timing system** Omega Photo-timing Systems
- AWARDS: 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place medals in all events except Elementary Relays
- MEET HOTEL: Best Western Plus, Pembina Inn & Suites 1714 Pembina Hwy - Winnipeg, MB R3T 2G2 -Close to the University Phone - 204-269-8888 Fax - 204-269-8889
- ENTRIES: A) Eligibility All entrants must be registered members of Athletics Manitoba and/or Athletics Canada.
- ENTRIES: A) Eligibility All entrants must be registered members of Athletics Manitoba and/or Athletics Canada.
  - **B) Entry Fees** 
    - \$ 8.00 per event
    - \$ 10.00 per each relay team
    - Late Fees: \$15.00 per individual event and \$14.00 per each Relay Team
    - Late entries will only be accepted if there is room and it does not change the schedule at the discretion of the meet director.
  - C) Cheques payable to: WINNIPEG OPTIMIST ATHLETICS
  - D) <u>Entry deadline</u> <u>Received by February 26, 2015</u>. Please ensure that your entries are in on time, so that we can get the final schedule out as soon as possible.
  - E) Only entries using the Hy-Tek system or the Trackie.ca Registration online system will be accepted.
  - F) No telephone or fax entries will be accepted.
  - G) Seeded sections Please submit <u>accurate seed performances</u> in order to allow for the accurate seeding of track events. It is the responsibility of club and school coaches to ensure the accuracy of their entry data.
  - I) Questions may be directed to Larry Switzer at 204-885-5714.
- FINALS: 60m, 60mh, 150m & 200m will proceed from heats to finals if entry numbers warrant. Other track events will be run as seeded timed final sections.

SPECTATORS: There will be a daily \$2.00 admission fee.

Event Change Reminder: Adopting the Athletics Canada Long Term Athlete Development Model, Bantam age groups will compete at 150m, 300m, and 1200m instead of 200m, 400m and 1500m, and Midget age groups will compete at 300m and 1200m instead of 400m and 1500m.

AGE CLASSES FOR 20	15:PEEWEE: BANTAM: MIDGET: YOUTH: JUNIOR: SENIOR: MASTERS:	BORN in 2004 & later BORN in 2002& 2003 BORN in 2000 & 2001 BORN in 1998 & 1999 BORN in 1996 & 1997 BORN in 1995 & earlier Age 35 and over			
SHOT WEIGHTS:	PeeWee & Banta Midget/Youth W Youth Men Junior Men Senior Men All others		2.73 kg (6 lbs) 3 kg 5 kg 6 kg 7.26 kg (16 lbs) 4 kg		
WEIGHT THROW:	Youth Men & al Junior & Senior		9.09 kg (20 lbs) 15.91 kg (35 lbs)		
	rdle Height	To 1 <sup>st</sup> Hurdle	Between Hurdles		
Senior Men Junior Men	1.067m (42")	13.72m	9.14m 9.14m		
Youth Men	0.991m (39") 0.914m (36")	13.72m 13.72m	9.14m 9.14m		
Midget Men	0.914m (36 <sup>°</sup> ) 0.840m (33 <sup>°°</sup> )	13.72m 13.0m	9.1411 8.5m		
Bantam Men	0.762m (30")	13.0m 12.0m	8.5m 7.5m		
Senior & Junior Women	0.840m (33")	12.0m 13.0m	8.5m		
Youth Women	0.762m (30")	13.0m	8.5m		
Midget Women	0.762m (30")	12.0m	8.0m		
Bantam Women	0.762m (30")	12.0m 12.0m	7.0m		
<b>Damain women</b> 0.702m (50 ) 12.0m 7.0m					

• Races will only be run at these standard distances.

EVENTS: See accompanying chart on page 3. Athletes may enter an individual event in

**only one age class**. Athletes may move up to compete in an older age group event or to complete a Relay Team, but may not run an event or a relay in two different age groups or on two separate teams.

#### RELAYS: All teams members must be from the same Club or School.

Entries will be accepted on a first come first served basis. Some field events may have the number of athletes competing capped, or the number of attempts will be limited to **three**. These decisions will be made by the meet director and/or meet manager based on time considerations.

<u>Please be advised that the Preliminary Schedule is exactly that, preliminary, and it will</u> change. Final Schedule is based on the number of athletes that are entered per event. We will produce and post the final schedule as soon as possible, once the entries are received.

<u>All jump and throw athletes are required to report to their event one half hour before the start of their events for warm up.</u>

Events	PeeWee	Bantam	Midget	Youth	Junior	Senior	Special Olympic	Wheel Chair
	Boys/Girls	Boys/Girls	Boys/Girls	Men/Women	Men/Women		Men/Women	Men/Women
Year of Birth	2004 & later	2002&2003	2000/2001	1998/99	1996/97	1995 & before		
60m	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
150m	Yes	Yes	NO	NO	NO	NO	NO	NO
200m	NO	NO	Yes	Yes	Yes	Yes	Yes	No
300m	NO	Yes	Yes	NO	NO	NO	NO	NO
400m Youth & Up	NO	NO	NO	Yes	Yes	Yes	Yes	No
600m PeeWee only	Yes	No	No	No	No	No	No	No
800m	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
1000m	Yes	No	No	No	No	No	No	No
1200m	No	Yes	Yes	NO	NO	NO	NO	NO
1500m	No	NO	NO	Yes	Yes	Yes	Yes	Yes
2000m	No	No	Yes	No	NO	NO	No	No
3000m	No	No	Yes	Yes	Yes	Yes	No	No
5000m	No	No	No	No	No	Yes	No	No
60m Hurdle	No	Yes	Yes	Yes	Yes	Yes	No	No
4x100m Relay	No	Yes	Yes	Yes	Yes	Yes	Yes	No
4x200m Relay	No	Yes	Yes	No	No	No	No	No
4x400m Relay	No	No	No	Yes	Yes	Yes	No	No
Shot Put	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Long Jump	Yes	Yes	Yes	Yes	Yes	Yes	No	No
High Jump	No	Yes	Yes	Yes	Yes	Yes	No	No
Triple Jump	No	No	Yes	Yes	Yes	Yes	No	No
Pole Vault	No	No	No	Yes	Yes	Yes	No	No
Weight Toss	No	No	No	Yes	Yes	Yes	No	No

#### Friday March 6, 2015 Field Events Morning

8:45 AM	Long Jump	Midget Women	Friday, Mai	ch 1, 2013 Field	Tentative
8:45 AM	High Jump	Midget Men	6:00 P.M.	Long Jump	Peewee Women – Three trials
11:00 A.M.	Long Jump	Bantam Women	7:00 P.M.	Long Jump	Youth Women
2:00 P.M.	Long Jump	Bantam Men	7:00 P.M.	Shot Put	Peewee Women – Three trials
4:15 P.M.	Long Jump	Youth Men	7:00 P.M.	Shot Put	Peewee Men – Three trials
4:45 P.M.	Shot Put	Youth Men	8:15 P.M.	Long Jump	Junior + Open Men
Friday, Marc	ch 6, 2015 Track	Tentative		Friday, March 6, 2	2015
8:45 AM	300m Time Final	Bantam Women			
	300m Time Final	Bantam Men	5:45 PM	Tentative	Evening Session
	300m Time Final	Midget Women		60m Hurdle Final	Junior Men
	300m Time Final	Midget Men		60m Hurdle Final	Open Men
	4x100m Time Final	Bantam Women		60m Hurdle Final	Junior Women
	4x100m Time Final	Bantam Men		60m Hurdle Final	Open Women
	4x100m Time Final	Midget Women		60m Final	Youth Women
	4x100m Time Final	Midget Men		60m Final	Youth Men
	60m Heats	Bantam Women		60m Heats	Peewee Women
	60m Heats	Bantam Men		60m Heats	Peewee Men
	60m Heats	Midget Women		60m Heats	Junior Women
	60m Heats	Midget Men		60m Heats	Open Women
12:15 PM	Lunch			60m Heats	Junior Men
1:15 PM	60m Hurdle Heats	Bantam Women		60m Heats	Open Men
	60m Hurdle Heats	Midget Women		60m Final	Peewee Women
	60m Hurdle Heats	Bantam Men		60m Final	Peewee Men
	60m Hurdle Heats	Midget Men		60m Final	Special Olympic Women
	1200m Time Finals	Bantam Women		60m Final	Special Olympic Men
	1200m Time Finals	Bantam Men		60m Final	Junior Women
	60m Final	Bantam Women		60m Final	Junior Men
	60m Final	Bantam Men		60m Final	Open Women
	60m Final	Midget Women		60m Final	Open Men
	60m Final	Midget Men		400m Time Final	Junior Women
	60m Heats	Youth Women		400m Time Final	Junior Men
	60m Heats	Youth Men		400m Time Final	SO Women/Open Women
	1200m Time Finals	Midget Women		400m Time Final	SO/Open Men
	1200m Time Finals	Midget Men		1500m Time Final	Junior + Open Women
	1500m Time Final	Youth Women		1500m Time Final	Junior + Open Men
	1500m Time Final 60m Hurdle Finals	Youth Men Bantam Women		5000m Final	Open Men and Women
	60m Hurdle Finals	Midget Women			
	60m Hurdle Finals	Bantam Men			
	60m Hurdle Finals	Midget Men			
	60m Hurdle Finals	Youth Women			
	60m Hurdle Heats	Junior Women			
	60m Hurdle Heats	Open Women			
	60m Hurdle Finals	Youth Men			
	60m Hurdle Heats	Junior Men			
	60m Hurdle Heats	Open Men			
	400m Time Final	Youth Women			
	400m Time Final	Youth Men			
	600m Time Final	PeeWee Women			
	600m Time Final	PeeWee Men			
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**Tentative Schedule** 

#### March 6,7, 2015

		N	larch 6,7,	2015	
Saturday, M	larch 7, 2015- Field	Events Tentative	Saturday	March 7, 2015 - Fie	eld Events
9:00 AM	Long Jump	Midget Men	1:00 PM	Triple Jump	Midget Women
9:00 AM	Shot Put	Bantam Men - Circle 1	2:00 PM	High Jump	Bantam Women - Pit 1
9:00 AM	High Jump	Midget Women - Pit 2	2:30 PM	Shot Put	Special Olympic Women/Men C2
9:00 AM	Shot Put	Midget Women Circle 2	2:30 PM	Triple Jump	Midget/Youth Men
10:00 AM	High Jump	Youth Jr Open Women	2:45 PM	Pole Vault	Women
10:45 AM	Long Jump	Peewee Men -3 Trials	3:30 PM	Shot Put	Jr/Open Women C1
10:45 AM	Shot Put	Midget Men - Circle 1	3:30 PM	Shot Put	Youth Women
10:45 AM	Shot Put	Bantam Women Circle2	4:00 PM	Pole Vault	Men
11:00 AM	Long Jump	Junior/ Open Women	4:15 PM	Triple Jump	Junior/Open Men ( Or earlier )
11:30 AM	High Jump	Bantam Men - Pit 2	5:30 PM	Weight Throw	Youth/Junior/Open Men
11:45 AM	Weight Throw	Youth/Jr/Open Women	7:00 PM	Shot Put	Junior + Open Men
			7:00 PM	Triple Jump	Youth/Jr/Sr Women
			7:00 PM	High Jump	Youth/Junior/Open Men
Saturday, M	larch 7, 2015 - Track	c Events Tentative			
8:45 AM	150m Time Final	PeeWee Women	5:00 pm	Supper	
	150m Time Final	PeeWee Men	6:15 PM	200m Final	Youth Women
	150m Heats	Bantam Women		200m Final	Youth Men
	150m Heats	Bantam Men		200m Heats	Open Women
	200m Heats	Midget Women		200m Heats	Open Men
	200m Heats	Midget Men		200m Final	Junior Women
	800m Time Finals	Bantam Women		200m Final	Junior Men
	800m Time Finals	Bantam Men		3000m Finals	Youth Women
	800m Time Finals	Midget Women then Men PeeWee Women then		3000m Time Finals	Youth Men
	1000m Time Finals	Men		4x100m Time Final	Youth Women
	150m Finals	Bantam Women		4x100m Time Final	Youth Men
	150m Finals	Bantam Men		4x100m Time Final	Junior/Senior Women
	200m Finals	Midget Women		4x100m Time Final	Junior /Senior Men
	200m Finals	Midget Men		200m Final	Open Women
11:45 AM	Lunch			200m Final	Open Men
12:45 PM	4x100m Time Final	Special Olympic Coed		3000m Finals	Junior/Open Women
	4x200m Time Final	Bantam Women		3000m Final	Junior Men
	4x200m Time Final	Bantam Men		3000m Final	Open Men
	4x200m Time Final	Midget Women		4 x 400m Final	Youth Women
	4x200m Time Final	Midget Men		4 x 400m Final	Youth Men
	200m Heats	Youth Women		4 x 400m Final	Junior/Open Women
	200m Heats	Youth Men		4 x 400m Final	Junior /Open Men
1:50 PM	Official Ceremonies				
	200m Heats	Junior Women			
	200m Heats	Junior Men			
	200m Time Final	Special O Women			
	200m Time Final	Special Olympic Men			
	800m Time Finals	Youth Women			
	OOO THE FILE	Manual Mana			

800m Time Finals

800m Time Finals

800m Time Finals

800m Time Finals

800m Sp. Olympic

2000m Final

2000m Final

Youth Men

Junior Men

Open Men

Women/Men

Midget Men

Midget Women

Junior/Open Women