



## **TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY**

145 Pacific Ave. Winnipeg, MB. R3B 2Z6 • Tel: 204-925-5745 • Fax: 204-925-5792  
programs@athleticsmanitoba.com • execdirector@athleticsmanitoba.com

### **2015 ATHLETICS MANITOBA PROVINCIAL JUNIOR HIGH CHAMPIONSHIP**

**Wednesday, June 3th**

**University of Manitoba Stadium**

**9:30 am - 4:30 pm**

Due to the difficulty in securing sufficient registered officials and volunteers we are asking that each school bring along two volunteers who are willing to assist in the officiating of events. 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.

- **New for 2015! Each school is responsible to provide volunteers to assist in running the meet. For every 10 athletes, the school must provide one volunteer. 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 meet or exceed the outlined standards.
- The medley relay will be 800 - 200 - 200 - 400. Teams may qualify for the relay through their zone meets or otherwise may enter one team per school for the championships.
- Athletes will be allowed to advance in up to **three events and a relay 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 entries must be received no later than Friday, May 29th, 2015. Anyone that registers after this date will be subject to late registration fees.
  - Registration spreadsheet is available on the Jr. High Event page on Athletics Manitoba website at <http://athleticsmanitoba.com/event/athletics-manitoba-junior-high-championship/>
- \$5.00 per athlete and \$10 per medley relay team to a maximum of \$100.00 per school. Late registration will cost \$15.00 per athlete

For further information contact: Chris Belof at (204) 925-5745 or [programs@athleticsmanitoba.com](mailto:programs@athleticsmanitoba.com)



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### 2015 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

### 2015 ATHLETICS MANITOBA JUNIOR HIGH CHAMPIONSHIPS

University of Manitoba Outdoor Stadium

Wednesday, June 3, 2015 9:30 am – 4:30 pm

**SCHEDULE OF EVENTS – Events may run ahead of schedule – listen for announcements!  
WITH THE EXCEPTION OF THE 100m, ALL TRACK EVENTS ARE TIMED FINALS!!**

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.



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University of Manitoba Outdoor Stadium

Wednesday, June 3, 2015 9:30 am – 4:30 pm

### Tentative Schedule

9:30	Grade 9 Girls	80mh (12m-8.0m space 30")	9:30 am	Grade 9 Boys	Shot Put (4kg)
	Grade 8 Girls	80mh (12m; 8.0m space 30")		Grade 8 Boys	Shot Put (4kg)
	Grade 7 Girls	80mh (12m;7.5m space 30")	aprox.	Grade 7 Boys	Shot Put (3kg)
	Grade 7 Boys	80mh (12m;7.5m space 30")	12:30 pm	Grade 7 Girls	Shot Put (3kg)
	Grade 8 Boys	100mh (13m;8.5m space 33")		Grade 8 Girls	Shot Put (3kg)
	Grade 9 Boys	100mh (13m;8.5m space 33")		Grade 9 Girls	Shot Put (3kg)
10:30	Grade 9 Boys	100m Heats	9:30 am	Grade 7 Girls	Long Jump (North)
	Grade 8 Boys	100m Heats	10:30 am	Grade 8 Girls	Long Jump (South)
	Grade 7 Boys	100m Heats	11:30 am	Grade 9 Girls	Long Jump (North)
	Grade 7 Girls	100m Heats	12:30 pm	Grade 7 Boys	Long Jump (South)
	Grade 8 Girls	100m Heats	1:30pm	Grade 8 Boys	Long Jump (North)
	Grade 9 Girls	100m Heats	2:30pm	Grade 9 Boys	Long Jump (South)
11:30	Grade 9 Boys	1200m			
	Grade 8 Boys	1200m			
	Grade 7 Boys	1200m			
	Grade 7 Girls	1200m			
	Grade 8 Girls	1200m			
	Grade 9 Girls	1200m			
<b>Lunch Break</b>					
12:35	Grade 9 Boys	100m	9:30 am	Grade 8 Boys High Jump (start 1.25m North)	
	Grade 8 Boys	100m	10:30 am	Grade 9 Boys High Jump (start 1.30m South)	
	Grade 7 Boys	100m	11:30 am	Grade 7 Boys High Jump (start 1.20m North)	
	Grade 9 Girls	100m	12:30 pm	Grade 7 Girls High Jump (start 1.15m South)	
	Grade 8 Girls	100m	1:30 pm	Grade 8 Girls High Jump (start 1.20m North)	
	Grade 7 Girls	100m	2:30 pm	Grade 9 Girls High Jump (start 1.25m South)	
1:30	Grade 9 Boys	800m	9:30 am	Grade 7 Girls	Discus
	Grade 8 Boys	800m		Grade 8 Girls	Discus
	Grade 7 Boys	800m		Grade 9 Girls	Discus
	Grade 9 Girls	800m	aprox.. 12:30 pm	Grade 7 Boys	Discus
	Grade 8 Girls	800m		Grade 8 Boys	Discus
	Grade 9 Girls	800m		Grade 9 Boys	Discus
2:30	Grade 9 Boys	300m			
	Grade 8 Boys	300m			
	Grade 7 Boys	300m			
	Grade 9 Girls	300m			
	Grade 9 Girls	300m			
	Grade 8 Girls	300m			
	Grade 7 Girls	300m			
3:15	Grade 9 Boys	Medley	Boys relays	Grade 9 Girls	Medley
	Grade 8 Boys	Medley	followed by girls	Grade 8 Girls	Medley
	Grade 7 Boys	Medley		Grade 7 Girls	Medley