

FLYING 'M' FALL FROLIC

Max Bell Centre - University of Manitoba

Sanctioned by *Athletics MB*

Saturday, December 5, 2015

- FACILITIES:** 6 lane banked 200m rubber synthetic surface
8 lane straightaway
change rooms and washroom facilities available
spike length: 7mm or less
- EQUIPMENT:** Blocks to be used for sprint races only (60m, 300m)
Throwing equipment will be provided
- START:** 9:00am
- AGE CLASSES:** All age classes from Pee Wee – Masters, including Special O
- EVENTS:** Track Events: 60m, 100m, 200m, 300m, 400m, 600m, 800m, 1000m, 1500m, 2000m, 3000m, 4x100m
Field Events: Long Jump, Shot Put, High Jump, Weight Toss
*In the 60m, 100m, 200m, 300m, 400m, 600m, 800m, 1000m and 3000m the Senior/Junior age categories will be run first, with men following the women. After that it will be Pee Wee through to Masters women and then men. All other events will be run in the following order:
alternating women & men (Pee Wee, Bantam, Midget, Juvenile, Junior, Senior, Special O)
Pee Wee athletes will compete in the 60m, Long Jump and Shot Put only
- MARSHALLING:** Will take place in a designated area. Please marshal promptly so as to facilitate the running of the meet. All track events will be TIMED sections.
- AWARDS:** Ribbons for 1st to 5th place in each category
- ENTRY DEADLINE:** All entries must be received by Tuesday, December 1, 2015
- ENTRY FEES:**
- a) Individual events: \$8.00/event
 - b) Relays: \$10.00/team
 - c) Please make cheques payable to "*FLYING 'M' ATHLETIC CLUB*"
 - d) Late fees will be \$15/ event
- ATHLETICS MANITOBA MEMBERSHIP:** All athletes must be a member of Athletics Manitoba/Athletics Canada, either as an individual or part of a school. Any entries from non-members will not be entered until Flying 'M' receives confirmation of membership from Athletics Manitoba/Canada. Membership information is available at: www.athleticsmanitoba.com
- ELECTRONIC ENTRIES:** www.trackie.ca to register online or view the events page on the Athletics Manitoba website
- MAIL OR E-MAIL ENTRIES TO:** *Jill Seymour*
423 Ash Street
Winnipeg, MB R3N 0R1
flyingathleticclub@hotmail.com

FLYING 'M' FALL FROLIC
 Max Bell Centre - University of Manitoba
 December 5, 2015
DRAFT SCHEDULE

Track Events include: 60m, 60m, 300m, 600m, 1000m, 2000m, 3000m, 4x100m

Field Events include: Long Jump, Shot Put, High Jump, Weight Toss

TIME	TRACK	TIME	FIELD
9:00	60m Hurdles 1000m	9:00	Long Jump (2 pits) Pee Wee Women (outside pit) Bantam Women (inside pit)
9:30	60m	10:00	Long Jump (2 pits) Pee Wee Men (outside pit) Bantam Men (inside pit)
		10:30	Shot Put (2 circles) Pee Wee/Bantam Women (Circle 1) Special O Men & Women (Circle 2)
		11:00	Long Jump Midget Women/Special O Women High Jump Bantam Women
11:00	600m	11:15	Shot Put (2 circles) Bantam Men (Circle 1) Pee Wee Men (Circle 2)
		12:20	4X100 Relay
12:20	4X100 Relay	12:00	High Jump Midget/Youth/Junior/Senior Women
12:40-1:30	Break on Track	12:30	Weight Toss Women & Men Long Jump Midget/Youth & Special O Men
1:30	300m	1:30	High Jump Bantam /Midget Men
		1:45	Shot Put Midget/Youth/Junior/Senior Women
		2:00	Long Jump Youth/Junior/Senior Women
		2:45	Shot Put Midget/Youth Men
3:15	3000m	3:00	High Jump Youth/Junior/Senior Men
		3:30	Long Jump Junior/Senior Men Shot Put Junior/Senior Men

**Please note that in the 60m, 300m, 600m, 1000m and 3000m the Junior/Senior age categories will be run first, with men following the women. After that it will be Pee Wee through to Masters women and then men.

**The 1000m and possibly the 600m will be hand timed. All other races will be electronically timed.

