



2015 SATT Open

Date: Friday, May 29 & Saturday, May 30, 2015

Sanction: Athletics Manitoba

Host : **Stride Ahead Tough Track**

Venue: University of Manitoba Outdoor Track

Timing: Omega Photo Timing System

Awards: 1st, 2nd, 3rd place medals

Entries: **1)** All participants must be a member of Athletics Manitoba, or Provincial Association recognized by Athletics Canada

2) Entry Fees

\$10 .00 per individual event for the first event; \$7.00 for any subsequent individual event entered

\$15.00 for relays \$25.00 for Decathlon or Heptathlon

Late Fees: After May 26: Late entries will be accepted at the discretion of the meet director

\$15.00 for individual event for first event; \$10.00 for any subsequent individual event entered

\$20.00 for relays \$30.00 for Decathlon or Heptathlon

PLEASE NOTE * A minimum of three athletes in the Decathlon, Heptathlon and Steeplechase events are required in order for the events to take place

3) Please make cheques payable to:

Stride Ahead Tough Track
856 Lyon Street
Winnipeg Manitoba R3T 0G7

4) Entry Deadline: Tuesday May 26, 2015 by 11:59pm

Please ensure that your entries are in on time. It will allow us to get the schedule out as soon as possible.

5) Entries must be done online using Trackie.com. The link to the online registration will be posted on the Athletics Manitoba website : <http://athleticsmanitoba.com/event/satt-open-3/>

6) NO telephone or fax entries will be accepted

7) Seeded sections – Please submit **accurate seed performances**





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8) Package pickups will be at the University of Manitoba Track on competition day in the press box

9) Any questions please contact Andy Tough 204 452 1179 Email: toughtrack11@gmail.com

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AGE CLASSES FOR 2015:	PEE WEE:	BORN IN 2004 & LATER
	BANTAM:	BORN IN 2002 & 2003
	MIDGET:	BORN IN 2000 & 2001
	YOUTH:	BORN IN 1998 & 1999
	JUNIOR:	BORN IN 1996 & 1997
	SENIOR:	BORN IN 1995 & OLDER
	MASTERS:	BORN 1980 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

*******All Relay Team members must be from the Same Club or School*******

*****NOTE: The Preliminary Schedule is a rough estimate of event times. It will change to a FINAL SCHEDULE based on the number of athletes that are entered per event.**

The Final Schedule will be produced as soon as possible once all entries are received

All jumps and throw athletes are required to report to their event one half hour before the start of their events for warm up.



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TENTATIVE SCHEDULE

EVENTS MAY RUN UP TO 15 MINUTES AHEAD OF SCHEDULE

Friday, May 29, 2015

TRACK

5:30 pm	Event #1 - 100m Decathlon Men
5:40 pm	Event #1 - 100mh Heptathlon Women
5:45 pm	80m Timed Finals (PeeWee & Bantam Men)
5:55 pm	80m Timed Finals (PeeWee & Bantam Women)
6:05 pm	100m Timed Finals (Special O, Midget Men)
6:15 pm	100m Timed Finals (Special O, Midget Women)
6:25 pm	100m Heats (Youth & older Men)
6:45 pm	100m Heats (Youth & older Women)
7:05 pm	1500m Timed Final (Youth & older Men)
7:20 pm	1500m Timed Final (Youth & older Women)
7:40 pm	Event #4 - 200m Heptathlon Women
7:50 pm	300m Timed Final (Bantam, Midget Men)
8:00 pm	300m Timed Final (Bantam, Midget Women)
8:15 pm	100m Finals (Youth & older Men)
8:25 pm	100m Finals (Youth & older Women)
8:35 pm	1200m Timed Finals (Bantam/Midget Men)
8:45 pm	1200m Timed Finals (Bantam/Midget Women)
9:00 pm	400m Timed Finals (Special O, Youth & older Women)
9:20 pm	Event #5 - 400m Decathlon Men
9:25 pm	400m Timed Finals (Special O, Youth & older Men)

FIELD

5:30 pm	Shot Put (Pee Wee/Bantam Athletes/ Special Olympics Men & Women) 3 attempts
6:00 pm	Event #2 - Long Jump Decathlon 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)
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
8:15 pm	Event #4 - High Jump Decathlon Men
8:00 pm	Triple Jump (Midget & Older Women)
8:30 pm	Shot Put (Midget & Older Men)

Races will be seeded based on seed times, but results will be posted based on age classes.
There will be an A & B final in the 100m and 200m races for the top 16 Youth & older athletes.



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Saturday, May 30, 2015

TRACK

9:00 am	Event #6 - 110m Hurdles Decathlon
9:10 am	3000m Timed Final (Youth & older Men)
9:30 am	3000m Timed Final (Youth & older Women)
9:50 am	110mh Timed Final (Junior & older Men)
10:00 am	100mh Timed Final (Midget Men)
10:15 am	100mh Timed Final (Youth & Older Women)
10:30 am	80mh Timed Final (Bantam Men, Bantam, Midget)
10:45 am	200m Timed Final (Midget Men)
11:05 am	200m Timed Final (Midget Women)
11:25 am	200m Heats (Youth & older Men)
11:45 am	200m Heats (Youth & older Women)
12:00 pm	Event #7 - 800m Heptathlon Women
12:15 pm	600m Timed Finals (Pee Wee Men & Women)
12:30 pm	2000m Steeple
12:30 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 #10 - 1500m Decathlon
2:15 pm	150m Timed Final (Pee Wee, Bantam Men)
2:30 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)

FIELD

9:00 am	Event #5 - Long Jump Heptathlon Women 3 attempts
9:00 am	High Jump (Pee Wee/Bantam Men)
9:00 am	Javelin (All Men)
9:30 am	Event #7 - Discus Decathlon Men 3 attempts
9:45 am	Long Jump (Special Olympics Men & Pee Wee & Bantam Men) 3 attempts
10:00 am	High Jump (Pee Wee/Bantam Women)
10:30 am	Event #6 Javelin Heptathlon Women & Midget & older Women
10:30 pm	Long Jump (Special O Women Pee Wee/Bantam Women) 3 attempts
11:00 am	Event #8 - Pole Vault Decathlon Men
11:30 am	Long Jump (Midget & Older Women)
12:30 pm	Event #9 - Javelin Decathlon Men 3 attempts
1:00 pm	Long Jump (Midget & Older Men)
1:00 pm	High Jump (Midget & Older Women)
1:30 pm	Hammer (M) (W)
2:15 pm	High Jump (Midget & Older Men)