



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5744 FAX: 204-925-5792 www.athleticsmanitoba.com

2017 Athletics Manitoba Elementary Relays

Tuesday, March 14th, 2017

MAX BELL CENTRE – UNIVERSITY OF MANITOBA

Awards: Participation Ribbons for all student competitors
Ribbons for top five
Award of Recognition for school with most points in each grade category

Entry Fees: Schools providing volunteer assistance for the meet will be given a significant discount on their entry fee. **Volunteers must be available for the entire time and should be at least 15 years of age.**

Registration: Please complete the School Membership Registration form. Please indicate your intent to participate in the program, once the registration form has been received you will receive an Invoice.

Member Schools with 2 Volunteers

\$115.50
(\$110+GST)

Member Schools with No Volunteers

\$210.00
(\$200+GST)

There will be a separate category of events for each gender in grades 4, 5 and 6.

Athletes may only participate in one of each of the events (not on multiple teams in the same event) unless alternate arrangements have been made with Athletics Manitoba. Students may move up a grade class to field a team.

Event Information

Top two teams per school will be used in point tabulation.

1. 4x Shot Put – total distance of 1 throw each of 4 team members (2.73kg / 6 lb. Shot).
2. 4x Long Jump – total distance of 1 jump each of 4 team members.
3. 8x 40M Shuttle Relay – 8 team members run 40M each (back & forth shuttle style)
4. 4x200 Lap Relay – each of 4 team members runs 1 lap

Events will run from 10:00 AM to approximately 2:30 PM

Entries are due Friday, March 3rd

REMEMBER - YOU MUST BE A MEMBER SCHOOL OF ATHLETICS MANITOBA TO PARTICIPATE! Please fill out the [Athletics MB School Registration](#)

Elementary Relays – [Team Entry Form](#)

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SCHEDULE

NOTE: The schedule may need to be altered during the meet - please listen for announcements throughout the day.

10:00 a.m. 4x200m Relay Grade 6 Boys
 4x200m Relay Grade 5 Boys
 4x200m Relay Grade 4 Boys
 4x200m Relay Grade 6 Girls
 4x200m Relay Grade 5 Girls
 4x200m Relay Grade 4 Girls

10:00 a.m. 4xStanding LJ Grade 4 Boys
 4xStanding LJ Grade 4 Girls
 4xStanding LJ Grade 5 Boys
 4xStanding LJ Grade 5 Girls
 4xStanding LJ Grade 6 Boys
 4xStanding LJ Grade 6 Girls

10:00 a.m. 8 x 40m Shuttle Grade 6 Girls
 8 x 40m Shuttle Grade 5 Girls
 8 x 40m Shuttle Grade 4 Girls
 8 x 40m Shuttle Grade 6 Boys
 8 x 40m Shuttle Grade 5 Boys
 8 x 40m Shuttle Grade 4 Boys

Following the completion of the Shuttle Relay, the 4x Shot Put will begin in the following order:

- Grade 6 Girls
- Grade 5 Girls
- Grade 6 Girls
- Grade 6 Boys
- Grade 5 Boys
- Grade 4 Boys

(1st = 7 points, 2nd = 5 points, 3rd = 3 points, 4th = 2 points, 5th = 1 point)

All participation ribbons, award ribbons and team banners will be delivered to schools by the end of March.

Additional Elementary Relay Competitions

Bison Elementary Relays takes place Wednesday February 1st, registration information will be made available at www.athleticsmanitoba.com

The Boeing Classic Elementary Relays are put on by Winnipeg Optimist Athletics. Their registration information can be found at <http://www.boeingtrackandfield.com/registering>