



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 Junior High School Track Attack Series

This grassroots track and field competition series is open to any school with grades 7, 8 and 9 students.

Registration Process

- 1) Complete and submit the [school membership registration form](#)
- 2) Once the office has received the registration form, we will distribute Invoices and instructions for submitting school competitive rosters.

4 Meet Series

Schools with less than 15 athletes:	\$367.50 (350.00 + GST)
Schools with 15 or more athletes:	\$420.00 (400.00 + GST)
Individual meets:	\$105.00 (100.00 + GST, per meet)
Individual athletes:	\$26.25 (25.00 + GST, per meet)

Individual athletes must be a full Athletics Manitoba Member (\$70), and their school cannot already be entered in the meet.

School Requirements

Each school must send 2 adults to attend the volunteer training session on January 11th. An informal pizza dinner will be provided.

Each school must participate in the running of the meet and will need **2 adults plus 4 – 6 students** in order to handle their function at the meet. Jobs will be assigned prior to the first event and the same job will be done at each of the 4 meets (eg. Long jump officiating, timing, etc.). A list of specific officiating rules will be sent in advance.

Due to a time frame restriction, we will have to limit the number of schools accepted. Those schools opting for participation in the full series will get preference. Parking passes are currently unavailable at the University of Manitoba. Athletics Manitoba will keep you posted of any changes closer to the time of the meet.

School buses will be expected to drop off participants in I Lot behind the Investors Group Athletic Centre. A specific map with detailed instructions will be provided to all schools once registration is complete.

Schools are asked to bring their own basic medical kits but please note we WILL have medical staff onsite.

Meet Information

Ribbons will be awarded for the top five places.

Athletes may enter a maximum of 3 individual events and 1 relay.

Schools will receive 5 relay stickers per race/category

Athletes will receive 2 attempts in Shot Put, Long Jump and Triple Jump.

Triple Jump will be contested by Grade 8 and Grade 9 athletes only.

Officially the Track Attack program is for Grades 7-9. In the past some schools have been bringing athletes in Grade 6. We ask that this practice be eliminated due to our extremely large participation numbers. A conversation WILL be included at the evening training session to look at different options.

*****All four meets run at the Max Bell Centre at the University of Manitoba from 10:30 a.m. to 4:00 p.m.**

[Back to table of contents](#)



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

Technical Notes:

Shot Put: All girls will throw a 3kg shot put.
All boys will throw a 4kg shot put.

High Jump Starting Heights: Will be determined through email communication with the coaches.

Hurdles:

All Girls: Start to first hurdle 12m; 7.5m spacing between hurdles; 30" height
Grade 7 & 8 Boys: Start to first hurdle 12m; 8.0m spacing between hurdles; 30" height
Grade 9 Boys: Start to first hurdle 12m; 8.0m spacing between hurdles; 33" height

We must unfortunately remind everyone that student supervision is the responsibility of the schools. We acknowledge the difficulties involved with an event of this type but damages to University property will not be tolerated. Code of conduct warnings will be issued to schools if necessary and multiple incidents may result in a penalty fee or a removal from future events.

TENTATIVE SCHEDULES

Meet #1

INFILED	OVAL	HORIZONTAL JUMPS
10:30am 60m 1:00pm HJ Girls Shot Put Boys	10:30am 4x200m Relay co-ed 1:00pm 200m 2:30pm 1200m	10:30am LJ Girls TJ Boys
Meet #2		
INFILED	OVAL	HORIZONTAL JUMPS
10:30am 60m Hurdles 12:30pm HJ Boys Shot Put Girls	10:30am 4x100m Relay co-ed 1:00pm 300m 2:30pm 800m	10:30am LJ Boys TJ Girls
Meet #3		
INFILED	OVAL	HORIZONTAL JUMPS
10:30am 60m 1:00pm HJ Girls Shot Put Boys	10:30am 1200m 11:30am 4x200m Relay 3:00pm 200m (dependent on time)	10:30am LJ Girls TJ Boys
Meet #4		
INFILED	OVAL	HORIZONTAL JUMPS
10:30am 60m Hurdles 12:30pm HJ Boys Shot Put Girls	10:30am 800m 11:30am 4x100m Relay 3:00pm 300m (dependent on time)	10:30am LJ Boys TJ Girls