



## 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

### 2016 ATHLETICS MANITOBA PROVINCIAL JUNIOR HIGH CHAMPIONSHIP

Wednesday, June 15th  
 University of Manitoba Stadium  
 9:30 am - 4:30 pm

- Each school is responsible to provide 2 volunteers to assist in running the meet. Schools will be contacted with their job allocation along with instructions and officiating rules prior to the meet. Where possible we will still have 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.
- Athletes will be allowed to advance in up to **three events and a relay for the Championship**.
- 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.
- **All entries must be received by Wednesday June 8th, 2016.** Schools must send in rosters using the Excel spreadsheet. Individual athletes or small schools may register online if they wish via Trackie at [www.Trackiereg.com/AMJuniorHighChampionships](http://www.Trackiereg.com/AMJuniorHighChampionships)
- Entry fees will be \$6.00 per athlete, up to a maximum of \$150.00 per school. **There is no additional cost for relays.**
- Non member schools must pay the day membership fee of \$50 or \$10 per athlete.
- **Any entries received after the June 8<sup>th</sup> deadline will be subject to late registration fees at a cost of \$10 per athlete up to a maximum of \$250.**
- The registration spreadsheet (roster) template will be available on the Athletics Manitoba website at [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)
- **There will be NO registrations accepted on site the day of the meet.**
- Medals will be awarded to top 3 finishers in each event.
- Medical personnel will be on site.
- The Championship will be used as identification for the Tri Province Midget Provincial Team.

Further information: Athletics Manitoba – [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)  
 Alanna Boudreau – 925-5743  
[programs@athleticsmanitoba.com](mailto:programs@athleticsmanitoba.com)

AUTOMATIC QUALIFICATION STANDARDS						
Event	Women			Men		
	Grade 7	Grade 8	Grade 9	Grade 7	Grade 8	Grade 9
100m	14.45	14.01	13.80	13.63	12.80	12.70
300m	48.05	47.50	45.00	45.25	43.00	42.00
800m	2:50	2:45	2:40	2:37	2:27	2:25
1200m	4:33	4:28	4:23	4:13	3:58	3:55
80mh/100mh	16.04	15.17	15.00	14.87	18.50	17.95
Long Jump	3.78	4.16	4.25	4.20	4.68	4.72
High Jump	1.25	1.30	1.35	1.30	1.45	1.50
Shot put	7.27	7.80	7.90	9.42	10.00	10.69
Discus	17.00	18.00	19.00	20.00	25.36	26.25



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## SCHEDULE OF EVENTS

Events may run ahead of schedule – listen for announcements!  
**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.

9:30	Grade 9	Girls	80mh (12m;8.0m space 30")	9:30	Grade 8	Boys	High Jump (start 1.25m North)
	Grade 8	Girls	80mh (12m; 8.0m space 30")		Grade 7	Girls	Long Jump (North)
	Grade 7	Girls	80mh (12m;7.5m space 30")		Grade 9	Boys	Shot Put (4kg)
	Grade 7	Boys	80mh (12m;7.5m space 30")		Grade 7	Girls	Discus
	Grade 8	Boys	100mh (13m;8.5m space 33")				
	Grade 9	Boys	100mh (13m;8.5m space 33")				
10:30	Grade 9	Boys	100m Heats	10:30	Grade 9	Boys	High Jump (start 1.30m South)
	Grade 8	Boys	100m Heats		Grade 8	Girls	Long Jump (South)
	Grade 7	Boys	100m Heats		Grade 8	Boys	Shot Put (4kg)
	Grade 7	Girls	100m Heats		Grade 8	Girls	Discus
	Grade 8	Girls	100m Heats				
	Grade 9	Girls	100m Heats				
11:30	Grade 9	Boys	1200m	11:30	Grade 7	Boys	High Jump (start 1.20m South)
	Grade 8	Boys	1200m		Grade 9	Girls	Long Jump (North)
	Grade 7	Boys	1200m		Grade 7	Boys	Shot Put (3kg)
	Grade 7	Girls	1200m		Grade 9	Girls	Discus
	Grade 8	Girls	1200m				
	Grade 9	Girls	1200m				
12:35	Grade 9	Boys	100m	12:30	Grade 7	Girls	High Jump (start 1.15m South)
	Grade 8	Boys	100m		Grade 9	Boys	Long Jump (South)
	Grade 7	Boys	100m		Grade 7	Girls	Shot Put (3kg)
	Grade 9	Girls	100m		Grade 7	Boys	Discus
	Grade 8	Girls	100m				
	Grade 7	Girls	100m				



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1:30	Grade 9	Boys	800m	1:30	Grade 8	Girls	High Jump (start 1.20m North)
	Grade 8	Boys	800m		Grade 8	Boys	Long Jump (North)
	Grade 7	Boys	800m		Grade 8	Girls	Shot Put (3kg)
	Grade 9	Girls	800m		Grade 8	Boys	Discus
	Grade 8	Girls	800m				
	Grade 7	Girls	800m				
2:30	Grade 9	Boys	300m	2:30	Grade 9	Girls	High Jump (start 1.25m South)
	Grade 8	Boys	300m		Grade 7	Boys	Long Jump (South)
	Grade 7	Boys	300m		Grade 9	Girls	Shot Put (3kg)
	Grade 9	Girls	300m		Grade 9	Boys	Discus
	Grade 8	Girls	300m				
	Grade 7	Girls	300m				
3:15	Grade 9	Boys	Medley				
	Grade 8	Boys	Medley				
	Grade 7	Boys	Medley				
	Grade 9	Girls	Medley				
	Grade 8	Girls	Medley				
	Grade 7	Girls	Medley				