



## **TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY**

145 Pacific Ave. Winnipeg, MB. R3B 2Z6 • Tel: 204-925-5744 • Fax: 204-925-5792  
www.athleticsmanitoba.com

### **2016 Central Track and Field Day**

Thursday, May 19, 2016

Carman Collegiate

121 4 Ave SE

Carman, Manitoba

#### **MEET INFORMATION**

- All events will be run as timed finals.
- Top five finishers in each event will receive ribbons.
- The top 3 finishers in each event as well as those athletes who achieve the provincial standard are also eligible to advance to the Winnipeg event being held on June 17-18<sup>th</sup> at Grant Park High School.
- Track events take priority over field – if an athlete is involved in both a track and field event at the same time, they must register with the field event, run their track event, and immediately return to their field event.
- All athletes must be ready to marshal 15 minutes prior to their events.
- Events can run ahead of schedule, so please be sure to listen to ongoing announcements and arrive with sufficient time for warm ups.
- All schools must pre-register for this event on the required Excel registration form which is available online or by contacting Leanne Traynor (Leanne.traynor@sportmanitoba.ca) Alanna Boudreau ([programs@athleticsmanitoba.com](mailto:programs@athleticsmanitoba.com)) or Chris Belof (athletics.admin@shaw.ca).
- **Cost is \$5 per athlete and payable at the meet (cheques payable to Athletics Manitoba).**
- **Entries must be submitted no later than Friday, May 13<sup>th</sup> at 6pm.**
- All competitive stickers will be available for pick up upon arrival at the meet. They will be organized by school or team name. Please make arrangements to have a coach or parent pick up the package. Each individual athlete will receive 4 stickers.



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### **TENTATIVE SCHEDULE**

#### **Track Events**

9:30 am	60m	Grade 3 & 4 Girls
9:45 am	60m	Grade 3 & 4 Boys
10:00 am	100m	Grade 5 & 6 Girls
10:15 am	100m	Grade 7 & 8 Girls
10:30 am	100m	Grade 5 & 6 Boys
10:45 am	100m	Grade 7 & 8 Boys
11:00 am	1200m	Grade 7 & 8 Girls
11:15 am	1200m	Grade 7 & 8 Boys
11:35 am	300m	Grade 5 & 6 Girls
11:50 pm	300m	Grade 3 & 4 Girls
12:00 pm	300m	Grade 5 & 6 Boys
12:15 pm	300m	Grade 3 & 4 Boys

#### **Lunch Break**

1:00 pm	600m	Grade 5 & 6 Girls
1:15 pm	600m	Grade 7 & 8 Girls
1:30 pm	600m	Grade 5 & 6 Boys
1:45 pm	600m	Grade 7 & 8 Boys
2:00 pm	150m	Grade 3 & 4 Girls
2:15 pm	150m	Grade 5 & 6 Girls
2:30 pm	150m	Grade 7 & 8 Girls
2:45 pm	150m	Grade 3 & 4 Boys
3:00 pm	150m	Grade 5 & 6 Boys
3:15 pm	150m	Grade 7 & 8 Boys
3:30 pm	4x100m relay	Grade 3 & 4 Girls
3:40 pm	4x100m relay	Grade 5 & 6 Girls
3:50 pm	4x100m relay	Grade 7 & 8 Girls
3:55 pm	4x100m relay	Grade 3 & 4 Boys
4:00 pm	4x100m relay	Grade 5 & 6 Boys
4:10 pm	4x100m relay	Grade 7 & 8 Boys

#### **Field All athletes will have 3 jumps in Standing Long Jump and 3 throws in Ball throw.**

9:30 am	Standing Long Jump	Grade 7 & 8 Girls
9:30 am	Ball Throw	Grade 7 & 8 Boys
10:40 am	Standing Long Jump	Grade 3 & 4 Girls
10:40 am	Ball Throw	Grade 3 & 4 Boys
11:50 am	Standing Long Jump	Grade 5 & 6 Girls
11:50 am	Ball Throw	Grade 5 & 6 Boys

#### **Lunch Break**

1:00 pm	Standing Long Jump	Grade 7 & 8 Boys
1:00 pm	Ball Throw	Grade 7 & 8 Girls
2:10 pm	Standing Long Jump	Grade 5 & 6 Boys
2:10 pm	Ball Throw	Grade 5 & 6 Girls
3:20 pm	Standing Long Jump	Grade 3 & 4 Boys
3:20 pm	Ball Throw	Grade 3 & 4 Girls