



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

•145 PACIFIC AVE. WINNIPEG, MB. R3B 2Z6 •TEL: 204-925-5743 •FAX: 204-925-5792 •www.AthleticsManitoba.com

2016 Athletics Manitoba Age Class Championship

Date: Saturday, June 25 & Sunday, June 26, 2016
Sanction: Athletics Manitoba
Hosted by: Stride Ahead Tough Track Club
Venue: University of Manitoba Outdoor Track
Timing: Omega Photo Timing System

Entries:

- All participants must be members of Athletics Manitoba to participate and be recognized for medals; those who are members of another provincial association must indicate their membership number and will receive ribbons if they place in the top three
- Entries must be done online using Trackie (<http://www.TrackieReg.com/MBageclass>)
- The link to the online registration is also posted on the Athletics Manitoba website Event Page
- All events **should submit a seed performance to ensure fair seeded sections**
- Entries must be submitted no later than Tues. June 21st (midnight) to avoid late charges
- Entry fees: \$10.00 for first individual event and \$7.00 for each subsequent individual event
\$10.00 for relays
\$25.00 for Multiple Events (Pentathlon, Decathlon or Heptathlon)

** Multiple event will only be held if there are three or more athletes competing in age appropriate category**

AGE CLASSES FOR 2016:

PEE WEE:	BORN IN 2005 & LATER
BANTAM:	BORN IN 2003 & 2004
MIDGET:	BORN IN 2001 & 2002
YOUTH:	BORN IN 1999 & 2000
JUNIOR:	BORN IN 1997 & 1998
SENIOR:	BORN IN 1996 & OLDER
MASTERS:	BORN IN 1981 AND EARLIER

TECHNICAL SPECIFICATIONS:

Women's Hurdles

Age Class	Distance	# of Hurdles	Height of Hurdles	To 1st Hurdle	Between hurdles
Bantam	80m	8	0.762 metres (30")	12 metres	7.5 metres
Midget	80m	8	0.762 metres (30")	12 metres	8.0 metres
Youth	100m	10	0.762 metres (30")	13 metres	8.5 metres
Junior	100m	10	0.840 metres (33")	13 metres	8.5 metres
Senior	100m	10	0.840 metres (33")	13 metres	8.5 metres
Midget	200m	5	0.762 metres (30")	50 metres	35 metres
Youth	300m	7	0.762 metres (30")	45 metres	35 metres
Junior	400m	10	0.762 metres (30")	45 metres	35 metres
Senior	400m	10	0.762 metres (30")	45 metres	35 metres



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Men's Hurdles

Age Class	Distance	# of hurdles	Height of hurdles	To first hurdle	Between hurdles
Bantam	80m	8	0.762 metres (30")	12 metres	7.5 metres
Midget	100m	10	0.840 metres (33")	13 metres	8.5 metres
Youth	110m	10	0.914 metres (36")	13.72 metres	9.14 metres
Junior	110m	10	0.991 metres (39")	13.72 metres	9.14 metres
Senior	110m	10	1.067 metres (42")	13.72 metres	9.14 metres
Midget	200m	5	0.762 metres (30")	50 metres	35 metres
Youth	300m	7	0.840 metres (33")	45 metres	35 metres
Junior	400m	10	0.914 metres (36")	45 metres	35 metres
Senior	400m	10	0.914 metres (36")	45 metres	35 metres

Steeplechase

Age Class	Race Length	# of Barriers	Height of barriers	
Midget	1500m	12	0.762m	no water jump
Youth Women	2000m	23	0.762m	water jump
Youth Men	2000m	23	0.914m	water jump
Jr/Sr Women	3000m	28	0.762m	water jump
Jr/Sr Men	3000m	28	0.914m	water jump

Women's Outdoor Throw Events

Age Class	Shot Put	Discus	Javelin	Hammer
Pee Wee	2.73kg	-	Ball Throw	-
Bantam	3kg	1kg	500g	-
Midget	3kg	1kg	500g	3kg
Youth	3kg	1kg	500g	3kg
Junior	4kg	1kg	600g	4kg
Senior	4kg	1kg	600g	4kg

Men's Outdoor Throw Events

Age Class	Shot Put	Discus	Javelin	Hammer
Pee Wee	2.73kg	-	Ball Throw	-
Bantam	3kg	1kg	500g	-
Midget	4kg	1kg	600g	3kg
Youth	5kg	1.5kg	700g	5kg
Junior	6kg	1.75kg	800g	6kg
Senior	7.26kg	2kg	800g	7.26kg



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2016 Provincial Age Class Championships Tentative Schedule

**** Final schedule will be set upon receipt of entries ****

Saturday, June 25, 2016

TRACK

10:00 am	Event #1 100m Decathlon Men
10:10 am	Event #1 100mh Heptathlon Women
10:20 am	100m Timed Finals (Midget Men)
10:30 am	100m Timed Finals (Midget Women)
10:40 am	100m Heats (Youth & older Men)
11:00 am	100m Heats (Youth & older Women)
11:20 am	80m Timed Final Pee Wee/Bantam Men
11:30 am	80m Timed Final Pee Wee/Bantam Women
11:45 am	1500m Timed Final (Youth & older Men)
12:00 pm	1500m Timed Final (Youth & older Women)
12:15 pm	1200m Timed Finals (Bantam/Midget Men)
12:25 pm	1200m Timed Finals (Bantam/Midget Women)
12:40 pm	300m Timed Final (Bantam/Midget Men)
12:50 pm	300m Timed Final (Bantam/Midget Women)
1:10 pm	100m Finals (Youth & older Men)
1:25 pm	100m Finals (Youth & older Women)
1:45 pm	Event #4 200m Heptathlon Women
2:00 pm	400m Timed Finals (Youth & older Men)
2:15 pm	400m Timed Finals (Youth & Older Women)
2:30 pm	Event #5 400m Decathlon Men

- 100m Heats for Youth and older will become Timed Finals if entry numbers are under 8

FIELD

10:00 am	Shot Put (Pee Wee/Bantam Men & Women)
10:30 am	Event #2 Long Jump Decathlon Men
10:30 am	Pole Vault Men
10:30 am	Discus (Midget Men & Older)
10:40 am	Event #2 High Jump Heptathlon Women
11:00 am	Shot Put (Midget & Older Women)
11:00 am	Standing Long Jump (Pee Wee/Bantam Men & Women)
11:45 am	Triple Jump (Midget & Older Men)
11:45 am	Pole Vault Women
12:00 pm	Event #3 Shot Put Decathlon Men
12:30 pm	Event #3 Shot Put Heptathlon Women
1:00 pm	Event #4 High Jump Decathlon Men
1:30 pm	Discus (Midget & older Women)
1:30 pm	Triple Jump (Midget & Older Women)
2:00 pm	Shot Put (Midget & Older Men)



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2016 Provincial Age Class Championships Tentative Schedule

Sunday, June 26, 2016

TRACK

9:10 am	Event #1 80mh Pentathlon Women (Midget)
9:20 am	Event #1 100mh Pentathlon Men (Midget)
9:30 am	Event #6 110mh Decathlon
9:30 am	110mh Timed Final (Junior & older Men)
9 40 am	100mh Timed Final (Midget Men)
9:45 am	100mh Timed Final (Youth & Older Women)
9:50 am	80mh Timed Final (Bantam Men, Bantam, Midget Women)
10:00 am	3000m Timed Final (Youth & older Men)
10:15 am	3000m Timed Final (Youth & older Women)
10:30 am	200m Timed Final (Midget Men)
10:45 am	200m Timed Final (Midget Women)
11:00 am	200m Heats (Youth & older Men)
11:15 am	200m Heats (Youth & older Women)
12:00 pm	Event #7 800m Heptathlon Women

Lunch Break will be inserted once final entry numbers are in.

12:10 pm	600m Timed Finals (Pee Wee Men & Women)
12:20 pm	1500m Steeplechase Midget Men & Women
12:30 pm	2000m Steeplechase Youth Men & Youth & Junior Women
12:40 pm	3000m Steeplechase Junior & older Men & Senior Women
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)
2:00 pm	Event #5 800m Pentathlon Midget Women
2:10 pm	Event #5 1000m Pentathlon Midget Men
2:15 pm	Event # 10 1500m Decathlon
2:25 pm	150m Timed Final (Pee Wee, Bantam Men)
2:35 pm	150m Timed Final (Pee Wee, Bantam Women)
2:50 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)

- 200m Heats for Youth and older will become Timed Finals if entry numbers are under 8



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2016 Provincial Age Class Championships Tentative Schedule

Sunday, June 26, 2016

FIELD

9:00 am	Ball Throw (Pee Wee/Bantam Men & Women)
9:30 am	Event #2 High Jump – Midget Women Pentathlon
9:30 am	Event #5 Long Jump Heptathlon Women
	Event# 2 Long Jump Pentathlon Men
10:00 am	Event #7 Discus Decathlon Men
10:15 am	High Jump (Pee Wee/Bantam Women)
10:15 am	Long Jump (Pee Wee & Bantam Men)
10:30 am	Event #6 Javelin Heptathlon Women & Midget & Older Women
10:45 am	Event #3 Shot Put Pentathlon Women
	Event #3 Shot Put Pentathlon Men
11:00 am	High Jump (Pee Wee & Bantam Men)
11:00 am	Event #8 Pole Vault Decathlon Men
11:15 am	Long Jump (Pee Wee/Bantam Women)
12:00 pm	Event #4 High Jump Pentathlon Men
12:15 pm	Event #4 Long Jump Pentathlon Women
12:15 pm	Long Jump (Midget & Older Women)
12:30 pm	Event #9 Javelin Decathlon Men Javelin Midget & Older Men)
1:00 pm	High Jump (Midget & Older Women)
1:00 pm	Long Jump (Midget & Older Men)
1:30 pm	Hammer (M) (W)
2:15 pm	High Jump (Midget & Older Men)