



13th ANNUAL | MAY 18, 2016

#### 10:15 am start time



## **Selkirk Community Stadium**

Lord Selkirk Regional Comprehensive Secondary School 221 Mercy St., Selkirk, MB



## All-Weather (Flex-Seal) Surface

for all events except for concrete discus and shot put circles



## 5 - 7 mm pyramid spikes recommended

9 mm permitted for high jump and javelin no "Christmas tree" spikes



#### \$5.00 / athlete or \$90.00 / team

All athletes must be accompanied by a school staff member. Schools will be asked to officiate one age category of an event.

Schools need to have a staff member in attendance as a supervisor for their athletes as per MHSAA sanctioning rules.



# Ribbons for 1st - 5th place

**RSVP to:** Scott Gurney

(204) 482-6926 ext.3233

sgurney@lssd.ca



Pre-Register with list of athlete names by Thursday, May 12!

Use entry template available on website.

www.lsrcss.ca/royalrumble

