



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

TRACK ATTACK 2016

Some substantial changes to the overall Track Attack program and schedules of these events were proposed at the end of the 2015 school year. Following the receipt of feedback from a number of trusted and valuable leaders we've come up with a revised plan that we hope will satisfy our restrictions as organizers and more importantly, still meet the needs of the participants!

The following changes will be implemented this season.

- An evening training session will occur in January for all teacher volunteers. The session will be designed so that teachers will be familiar with the operation of 2 different event areas. Dinner will be provided! *See details below.
- Event leaders will be identified at each meet, their job will be to circulate and make sure all events are running appropriately.
- Athletes may enter a maximum of 3 individual events and 1 relay.
- Athletes will receive a minimum of 2 attempts in Shot Put, Long Jump and Triple Jump. If time allows, a 3rd attempt may be provided.
- 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 limited as much as possible due to our extremely large participation numbers.

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.

Volunteer Training – January 12th 2016 at the Sport for Life Centre (145 Pacific Ave)

Each school must send 2 adults to attend the volunteer training.

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 as part of the training night 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 distributed and reviewed as part of the volunteer training night!

Format – Attendees will select two of the following event group areas; Marshalling/Start Line, Finish Line, Horizontal Jumps/Shot Put. Attendees who are interested in working with Results specifically will choose only Results. Elementary teachers will also be invited to the evening but will have separate sessions.

5:30pm - 6:00pm	All Attendees		
	Welcome, Review evening plan and officiating information, Dinner		
6:00pm - 7:00pm	Elementary	Track Attack/High School	Results
	Marshalling/Start Line	Marshalling/Start Line	
	Finish Line	Finish Line	
	Shot Put/Long Jump	Horizontal Jump/Shot Put	
7:00pm - 7:15pm	All Attendees		
	Break and switch to second session		
7:15pm - 8:15pm	Elementary	Track Attack/High School	Results
	Marshalling/Start Line	Finish Line	
	Finish Line	High Jump	
	Shot Put/Long Jump	Marshalling/Start Line	



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Competition Schedule

As noted previously, as a result of the feedback provided by schools we have opted to maintain the basic event list and basic schedule as previous years. The only significant proposed change is to move the Relays to the END of the schedule in Meets #3 + #4.

The reason for this adjustment is because some schools are unable to stay until the end of the meet (due to busing requirements) this would allow their athletes who might miss out on the last track events in Meets #1 + #2 (1200m and 800m) to participate in the events at Meets #3 + #4.

This is where we need your feedback – if you are a school that has to leave early and you do NOT want this change, we need to hear from you! Please let us know if you would rather keep all of the relays at the start of the Meet.

Meet #1

INFILED	OVAL	HORIZONTAL JUMPS
10:30am 60m	10:30am Medley Relay (4-2-2-8) Co-ed	10:30am LJ Boys (inside pit)
1:00pm HJ Girls	1:00pm 200m	TJ Girls (outside pit)
Shot Put Boys	2:30pm 1200m	

Meet #2

INFILED	OVAL	HORIZONTAL JUMPS
10:30am 60m Hurdles	10:30am 4x100m Relay - Co-ed	10:30am TJ Boys (inside pit)
12:30pm HJ Boys	1:00pm 300m	LJ Girls (outside pit)
Shot Put Girls	2:30pm 800m	

Meet #3

INFILED	OVAL	HORIZONTAL JUMPS
10:30am 60m	10:30am 1200m	10:30am LJ Boys (outside pit)
1:00pm HJ Girls	12:30pm 200m	TJ Girls (inside pit)
Shot Put Boys	2:00pm Medley Relay (4-2-2-8)	

Meet #4

INFILED	OVAL	HORIZONTAL JUMPS
10:30am 60m Hurdles	10:30am 800m	10:30am TJ Boys (outside pit)
12:30pm HJ Boys	12:30pm 300m	LJ Girls (inside pit)
Shot Put Girls	2:00pm 4x100m Relay	

PLEASE NOTE – All of the proposed changes this year and last year were all made in an effort to increase the overall quality of the Track Attack as a whole. This is an amazing program but we are aware of the challenges that have arisen the past two years and truly want to continue making this a great competitive opportunity for all athletes.

Our hope is that by maintaining the original competition schedule and adding the Volunteer training session, we'll be able to run a more efficient meet as a team, without having to sacrifice any events.