



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

TRI PROVINCE – Midget & Youth Provincial Team

The Midget & Youth Tri Province team program is a provincially focused competition opportunity run by Athletics Manitoba. The program targets athletes born in 2001/2002 (Midget) and 1999/2000 (Youth). The overall goal of the program is twofold; to provide an out of province competitive opportunity for our top athletes and to serve as a means of identifying and engaging new talent in the sport of track and field.

The Midget & Youth provincial teams will be travelling to Regina, Saskatchewan on the weekend of July 28th – 31st to compete in the Tri-Province competition with Saskatchewan, and Alberta.

The standards that will be used for athlete identification are outlined below. Please note that achieving the standard places the athlete in the selection pool; it does NOT guarantee selection. Standards in the events must have been met or exceeded at a sanctioned competition between the dates of January 1st 2016 and July 1st 2016.

ONLY Athletes who meet or exceed the standards listed, AND who complete the online registration form (www.Trackiereg.com/TriProv_Registration) will be considered for selection to the Team.

General Information

Maximum Team Size: 100 athletes - 50 athletes Midget Team & 50 athletes Youth team

Provincial team fee: Athletics Manitoba members \$300.00 + GST, Non-members \$370.00 + GST

Coaching Staff: 11 (1 Head Coach, 2 managers, 8 coaches)

Travel dates: Depart- July 28th (morning departure), return late July 31st (possibly early morning August 1th)

Departing: Unicity Shopping Centre – West Portage Ave (between Tim Horton's and Canadian Tire)

Accommodations: Holiday Inn Express – 4255 Albert St. South

Selection Criteria

- ONLY athletes who meet or exceed the standards listed, AND who complete the online registration form (www.Trackiereg.com/TriProv_Registration) will be considered for selection to the Team.
- Team Selection will be based around performances achieved during the 2016 competitive season (January 1st 2016 – July 1st 2016).
- Athletes are expected to have competed in at least 3 Athletics Manitoba sanctioned meets during the selection period (a minimum of 1 must be from the outdoor season).
- Top performances in each event will be considered as a primary means of selection with all efforts being made to have athlete representation in each event.
- Selection efforts will also assume a team split of 25 male and 25 female athletes per team (Midget and Youth). In the case where there are insufficient eligible athletes of a particular gender or in a particular age group, those spots will be reallocated (first within the age group, and then within the team as a whole).



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- An athlete's ability to contribute to relays will also be considered during the selection process.
- All athletes are strongly encouraged to attend the Provincial Age Class Championships on June 25th and 26th as this competition will serve as a key identification event.
- In alignment with the program's overall mandate, and in an effort to continue the development of rural programs, the goal will be to allocate approximately 20% of team spots to rural athletes who have achieved standard.
- All athletes interested in selection must apply online by Friday, June 17th at www.Trackiereg.com/TriProv_Registration

All athletes will be notified by July 5th if they have been selected to the Team. Athletes who have not been selected will also be notified.

Standards

2016 Midget Team (2001/2002 YOB)			2016 Youth Team (1999/00 YOB)		
Events	Women	Men	Events	Women	Men
100m	14.2	12.8	100m	13.9	11.8
200m	29.5	26.5	200m	28.5	24.5
300m	46.25	42.10	300m	N/A	N/A
400m	01:05.0	01:00.0	400m	01:02.0	56.0
800m	02:30.0	02:20.0	800m	02:25.0	02:08.0
1200m	04:15.0	03:50.0	1500m	05:00.0	04:25.0
2000m	7:30.0	6:45.0	3000m	11:00.0	09:50.0
80m/100m Hurdles	15.30	16.50	100m/110m hurdles	17.00	17.50
200m Hurdles	34.0	31.0	300m/400m hurdles	50.0	01:00.0
1500m Steeple	6:15.0	5:15.0	2000m Steeple	8:35.0	7:15.0
High Jump	1.40m	1.50m	High Jump	1.50m	1.60m
Pole Vault	2.40m	3.00m	Pole Vault	2.80m	3.40m
Long Jump	4.20m	4.80m	Long Jump	4.60m	5.40m
Triple Jump	9.00m	10.00m	Triple Jump	9.40m	10.50m
Shot Put	8.00m	10.00m	Shot Put	9.00m	11.00m
Discus	20.00m	28.00m	Discus	23.0m	35.0m
Javelin	20.00m	35.00m	Javelin	26.0m	40.0m
Hammer	20.00m	25.00m	Hammer	25.0m	28.0m