- DATE: Friday and Saturday, March 3, 4, 2017
- SANCTION: Athletics Manitoba
- SPONSOR: **BOEING OF CANADA**
- HOST: Winnipeg Optimist Athletics
- VENUE: James Daly Fieldhouse, Max Bell Centre, University of MB, Winnipeg
- TIMING: Fully automatic electronic timing system Omega Photo-timing Systems
- AWARDS: 1st, 2nd, & 3rd place medals in all events including Elementary Relays
- MEET HOTEL: Best Western Plus, Pembina Inn & Suites, 1714 Pembina Hwy -Winnipeg, R3T 2G2 Close to the University Ph - 204-269-8888 Fax - 204-269-8889 Toll Free Reservations: 1-877-269-8811
- ENTRIES: A) Eligibility All entrants must be registered members of Athletics Manitoba and/or Athletics Canada.
 - **B) Entry Fees**
 - \$ 8.00 per event
 - \$ 10.00 per each relay team
 - Late Fees: \$15.00 per individual event and \$14.00 per each Relay Team
 - Late entries will only be accepted if there is room and it does not change the schedule at the discretion of the meet director.

C) Cheques payable to: WINNIPEG OPTIMIST ATHLETICS CLUB

- D) Entry deadline Received by February 25, 2017.
 - Please ensure that your entries are in on time, so that we can get the final schedule out as soon as possible.
- E) Only entries using the Hy-Tek system or the Trackie.ca registration online system will be accepted.
- F) No telephone or fax entries will be accepted.
- G) Seeded sections Please submit <u>accurate seed performances</u> in order to allow for the accurate seeding of track events. It is the responsibility of club and school coaches to ensure the accuracy of their entry data.
- I) Questions may be directed to Larry Switzer at 204-885-5714.
- FINALS: 60m, 60mh, 150m & 200m will proceed from heats to finals if entry numbers warrant. Other track events will be run as seeded timed final sections.

SPECTATORS: There will be a daily \$2.00 admission fee.

Event Change Reminder: Adopting the Athletics Canada Long Term Athlete Development Model, Bantam age groups will compete at 150m, 300m, and 1200m instead of 200m, 400m and 1500m, and Midget age groups will compete at 300m and 1200m instead of 400m and 1500m.

AGE CLASSES FOR 202	17: PEEWEE: BANTAM: MIDGET: YOUTH: JUNIOR: SENIOR: MASTERS:		BORN i BORN i BORN i BORN i	in 2006 & later in 2004& 2005 in 2002 & 2003 in 2000 & 2001 in 1998 & 1999 in 1997 & earlier and over
SHOT WEIGHTS:	Peewee Bantam /Midget/Youth W Bantam Men Youth Men Junior Men Senior Men All others	⁷ omen	2.73 kg 3 kg 5 kg 6 kg 7.26 kg 4 kg	(6 lbs) (16 lbs)
WEIGHT THROW:	Youth Men & all Women Junior Men Senior Men		11.34 kg	(20 lbs) g g (35 lbs)
HURDLES:	Hurdle Height	To 1 st H	urdle	Between Hurdles
Senior Men	1.067m (42")	13.72m	urure	9.14m
Junior Men	0.991m (39")	13.72m		9.14m
Youth Men	0.914m (36")	13.72m		9.14m
Midget Men	0.840m (33")	13.0m		8.5m
Bantam Men	0.762m (30")	12.0m		7.5m
Senior & Junior Women	0.840m (33")	13.0m		8.5m
Youth Women	0.762m (30")	13.0m		8.5m
Midget Women	0.762m (30")	12.0m		8.0m
Bantam Women	0.762m (30") Paces will only be run	12.0m		7.0m

• Races will only be run at these standard distances.

EVENTS: See accompanying chart on page 3. Athletes may enter an individual event in **only one age class**. Athletes may move up to compete in an older age group event or to complete a Relay Team, but may not run an event or a relay in two different age groups or on two separate teams.

RELAYS: <u>All teams members must be from the same Club or School.</u>

Entries will be accepted on a first come first served basis. Some field events may have the number of athletes competing capped, or the number of attempts will be limited to **three**. These decisions will be made by the meet director and/or meet manager based on time considerations.

<u>Please be advised that the Preliminary Schedule is exactly that, preliminary, and it will</u> change. Final Schedule is based on the number of athletes that are entered per event. We will produce and post the final schedule as soon as possible, once the entries are received.

All jump and throw athletes are required to report to their event one half hour before the start of their events for warm up.

Events	PeeWee	Bantam	Midget	Youth	Junior	Senior	Special Olympic	Wheel Chair
	Boys/Girls	Boys/Girls	Boys/Girls	Men/Women	Men/Women			Men/Women
Year of Birth	2006 & later	2004&2005	2002&2003	2000&2001	1998&99	1997 & before		
60m	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
150m	Yes	Yes	NO	NO	NO	NO	NO	NO
200m	NO	NO	Yes	Yes	Yes	Yes	Yes	No
300m	NO	Yes	Yes	NO	NO	NO	NO	NO
400m Youth & Up	NO	NO	NO	Yes	Yes	Yes	Yes	No
600m PeeWee only	Yes	No	No	No	No	No	No	No
800m	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
1000m	Yes	No	No	No	No	No	No	No
1200m	No	Yes	Yes	NO	NO	NO	NO	NO
1500m	No	NO	NO	Yes	Yes	Yes	Yes	Yes
2000m	No	No	Yes	No	NO	NO	No	No
3000m	No	No	No	Yes	Yes	Yes	No	No
5000m	No	No	No	No	No	Yes	No	No
60m Hurdle	No	Yes	Yes	Yes	Yes	Yes	No	No
4x100m Relay	No	Yes	Yes	Yes	Yes	Yes	Yes	No
4x200m Relay	No	Yes	Yes	No	No	No	No	No
4x400m Relay	No	No	No	Yes	Yes	Yes	No	No
Shot Put	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Long Jump	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
High Jump	No	Yes	Yes	Yes	Yes	Yes	No	No
Triple Jump	No	No	Yes	Yes	Yes	Yes	No	No
Pole Vault	No	No	No	Yes	Yes	Yes	No	No
Weight Toss	No	No	No	Yes	Yes	Yes	No	No

• Other events may be added at the discretion of the meet organizers.

• Masters Men and Women Events may be added if there are three or more competitiors in an age group.

Friday March 3, 2017 Field Events Morning

8:45 AM Long Jump Midget Wo 8:45 AM High Jump Midget 11:00 A.M. Long Jump Bantam 2:00 P.M. Long Jump Bantam 4:00 P.M. Youth N Long Jump 4:45 P.M. Shot Put Youth N Friday, March 3, 2017 Track Т 8:45 AM 300m Time Final Bantam 300m Time Final Bantam 300m Time Final Midget 300m Time Final Midget 4x100m Time Final Bantam 4x100m Time Final Bantam 4x100m Time Final Midget 4x100m Time Final Midget 60m Heats Bantam 60m Heats Bantam 60m Heats Midget 60m Heats Midget 11:55 PM Lunch 12:55 PM Bantam 60m Hurdle Heats 60m Hurdle Heats Midget 60m Hurdle Heats Bantam 60m Hurdle Heats Midget 1200m Time Finals Bantam 1200m Time Finals Bantam 60m Final Bantam 60m Final Bantam 60m Final Midget 60m Final Midget 60m Heats Youth V 60m Heats Youth N 1200m Time Finals Midget 1200m Time Finals Midget 1500m Time Final Youth V 1500m Time Final Youth N 60m Hurdle Finals Bantam 60m Hurdle Finals Midget Women 60m Hurdle Finals Bantam Men 60m Hurdle Finals Midget Men 60m Hurdle Finals Youth Women 60m Hurdle Heats Junior Women 60m Hurdle Heats Open Women Youth Men 60m Hurdle Finals 60m Hurdle Heats Junior Men 60m Hurdle Heats Open Men Youth Women 400m Time Final 400m Time Final Youth Men 600m Time Final Peewee Women 600m Time Final Peewee Men

Friday, March 3, 2017 Field Evening Session

t Women	Tentative		
t Men	6:00 P.M.	Long Jump	Peewee Women – Three trials
m Women	7:00 P.M.	Long Jump	Youth Women
m Men	7:00 P.M.	Shot Put	Peewee Women – Three trials
Men	7:00 P.M.	Shot Put	Peewee Men – Three trials
Men	8:15 P.M.	Long Jump	Junior + Open Men+Spec O
Tentative		Friday, March 3, 2017	
m Women	5:45 PM	Tentative	Evening Session
m Men		60m Hurdle Final	Junior Men
t Women		60m Hurdle Final	Open Men
t Men		60m Hurdle Final	Junior Women
m Women		60m Hurdle Final	Open Women
m Men		60m Final	Youth Women
t Women		60m Final	Youth Men
t Men		60m Heats	Peewee Women
m Women		60m Heats	Peewee Men
m Men		60m Heats	Junior Women
t Women		60m Heats	Open Women
t Men		60m Heats	Junior Men
		60m Heats	Open Men
m Women		60m Final	Peewee Women
t Women		60m Final	Peewee Men
m Men		60m Final	Special Olympic Women
t Men		60m Final	Special Olympic Men
m Women		60m Final	Junior Women
m Men		60m Final	Junior Men
m Women		60m Final	Open Women
m Men		60m Final	Open Men
t Women		400m Time Final	Junior Women
t Men		400m Time Final	Junior Men
Women		400m Time Final	SO Women/Open Women
Men		400m Time Final	SO/Open Men
t Women		1500m Time Final	Junior + Open Women
t Men		1500m Time Final	Junior + Open Men
Women		5000m Final	Open Men and Women
Men			
m Women			
Womon			

March 3,4, 2017

Saturday, March 4, 2017- Field Events Tentative

9:00 AM	Long Jump	Midget Men
9:00 AM	Shot Put	Bantam Men - Circle 1
9:00 AM	High Jump	Midget Women - Pit 2
9:00 AM	Shot Put	Midget Women Circle 2
10:00 AM	High Jump	Youth Jr Open Women
10:45 AM	Long Jump	Peewee Men -3 Trials
10:45 AM	Shot Put	Midget Men - Circle 1
10:45 AM	Shot Put	Bantam Women Circle2
11:30 AM	Long Jump	Junior/ Open Women
11:30 AM	High Jump	Bantam Men - Pit 2
11:45 AM	Weight Throw	Youth/Jr/Open Women

Saturday, March 4, 2017 - Track Events Tentative

8:45 AM 150m Heats 150m Heats 150m Time Final 150m Time Final 200m Heats 200m Heats 800m Time Finals 800m Time Finals 800m Time Finals 1000m Time Finals 150m Finals 150m Finals 200m Finals 200m Finals 200m Time Finals 200m Time Finals 4x200m Time Final 4x200m Time Final 4x200m Time Final 4x200m Time Final 12:00 Noon Lunch 12:55 PM 4x100m Time Final 200m Heats 200m Heats 200m Heats 200m Heats 200m Time Final 200m Time Final 800m Time Finals 800m Time Finals 800m Time Finals 800m Time Finals 800m Time Finals

800m Sp. Olympic

2000m Final

2000m Final

Bantam Women Bantam Men Peewee Women Peewee Men Midget Women Midget Men Bantam Women Bantam Men Midget Women then Men Peewee Girls then Men Bantam Women Bantam Men Midget Women Midget Men Special O Women Special O Men Bantam Women Bantam Men Midget Women Midget Men

Special Olympic Coed Youth Women Youth Men Junior Women Junior Men Special O Women Special Olympic Men Youth Women Youth Men Junior/Open Women Junior Men Open Men Women/Men Midget Women Midget Men

Saturday, March 4, 2017 - Field Events Tentative

1:00 PM **Triple Jump** 2:00 PM High Jump 2:30 PM Shot Put 2:30 PM **Triple Jump** 2:45 PM Pole Vault 3:30 PM Shot Put 3:30 PM Shot Put 4:00 PM Pole Vault 4:00 PM **Triple Jump** 5:30 PM Weight Throw 7:00 PM Shot Put 7:00 PM **Triple Jump** 7:00 PM High Jump

Supper

5:00 pm

6:00 PM

200m Final 200m Final 200m Heats 200m Heats 200m Final 200m Final 3000m Finals 3000m Time Finals 4x100m Time Final 4x100m Time Final 4x100m Time Final 4x100m Time Final 200m Final 200m Final 3000m Finals 3000m Final 3000m Final 4 x 400m Final 4 x 400m Final 4 x 400m Final

4 x 400m Final

Bantam Women - Pit 1 Special Olympic Women/Men C2 Midget/Youth Men Women Jr/Open Women C1 Youth Women Men Junior/Open Men (Or earlier) Youth/Junior/Open Men Junior + Open Men Youth/Jr/Sr Women Youth/Junior/Open Men

Midget Women

Youth Women Youth Men Open Women Open Men Junior Women Junior Men Youth Women Youth Men Youth Women Youth Men Junior/Senior Women Junior /Senior Men Open Women Open Men Junior/Open Women Junior Men Open Men Youth Women Youth Men Junior/Open Women Junior /Open Men