

# You're Invited To The Interlake Relays

Where: Stonewall Collegiate

When: Thursday, May 4, 2017  
(starting at 1:00 p.m.)

Cost: \$5/athlete (maximum  
\$75/school payable to WCI)

Ribbons will be awarded (1st – 3rd)\*\*\*\*

Contact Person: Rene Comeault

This will be a relay-type meet with several individual track events included as well. Field events will be run as relays with a combined distance or height for your top 3 athletes in each event. On the track, there will be 4 x 100, sprint medley and distance medley relays, some of which will be co-ed. To receive further information (schedules, registration procedures, etc.) please contact Rene Comeault (rcomeault@isd21.mb.ca)



## Schedule of Events:

The first track and field events will begin at 1:00 p.m. and will continue one after another until the meet is finished (approx 5:30 p.m.) All individual track events will be run in the order of junior girls, senior girls, junior boys, and then senior boys unless otherwise indicated. Categories in the 800 m, 1500 m, and 3000 m may be grouped together depending on the numbers of athletes in each race. Their results would then be separated into one of the four categories at the completion of the race.

### TRACK EVENTS

<b>1:00 p.m.</b>	4 x 200 m Co-ed Relay	Junior then Senior (2 males, 2 females)
	3000 m	all categories (will be run as one race)
	Open Hurdles**	Junior Girls and Varsity Boys
	800 m	all boys
<b>3:00 p.m.</b>	Open Hurdles**	Junior Boys and Varsity Girls
	800 m	all girls
	100 m (timed final)	all categories
	1500 m	all girls then all boys
<b>4:45 p.m.</b>	4 x 400 m Relay	Girls Combined and Boys Combined
	200 m (timed final)	all categories
	4 x 100 m Relay	all categories

Multi-Event (will be scored at the completion of the meet. Athletes competing in the multi-event should identify themselves at their respective events)

### FIELD EVENTS

- all events will be run as relays (minimum of 3, maximum of 5 team members)
- all team member stickers must be entered at the same time.
- schools can enter more than one team.
- cumulative distances/heights of the top 3 from your school will result in a team score
- individuals can compete in events but ribbons will only be awarded for team results
- a minimum of three trials will be permitted at each event
- it is the responsibility of the athlete to get to the event within the allotted time period to complete their throws/jumps

Category	1:30 p.m.	2:30 p.m.	3:30 p.m.	4:30 p.m
Junior Girls			Shot Put	Long Jump
Senior Girls	Long Jump	Shot Put		
Junior Boys	Shot Put	Long Jump		
Senior Boys			Long Jump	Shot Put

Category	1:30 p.m.	2:30 p.m.	3:30 p.m.	4:30 p.m
Girls Combined	Javelin	High Jump	Triple Jump	Discus
Boys Combined	Triple Jump	Discus	Javelin	High Jump

# Other Information:

- 1) The Stonewall track is an asphalt surface, spikes are not recommended
- 2) Call or e-mail Rene Comeault at Warren Collegiate (322-5586 /[rcomeault@isd21.mb.ca](mailto:rcomeault@isd21.mb.ca)) for further information.
- 3) In the event that there is a conflict between times in the track and field events it is the responsibility of the athlete to ensure that they get to their track event first, then to their field event.
- 4) A canteen will be available.
- 5) Meet results will be emailed to competing teams as soon as possible and listed on the Athletics Manitoba Website.

# Registration:

You can register your athletes in one of two ways:

## **Method 1: Using Hy-Tek Meet Manager.**

If you use Meet Manager, Meet Manager Lite or Team Manager you can send an export of your team roster to [rcomeault@isd21.mb.ca](mailto:rcomeault@isd21.mb.ca). Information on how to do this is attached to the original email.

## **Method 2: Excel Spreadsheet Follow the directions below:**

1. Open the attached excel file called Stonewall Invitational Template.
2. Save the document to your own computer
3. In the Excel document click on cell B2 (School Name) and begin entering the information for each student.
4. The category listing (JG,SG,JB,SB) has a drop down provided for you so you can select it from the list.
5. You will notice under School Name once you type something once Excel will try to guess when you type it again which will work great for School Name and School Nickname.
6. Once you are complete please save the document as YourSchoolNameEntries (Example: StonewallEntries) and e-mail back [rcomeault@isd21.mb.ca](mailto:rcomeault@isd21.mb.ca)
7. You must send it as an attachment.