



## 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 2002/2003 (Midget) and 2000/2001 (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 performance pathway of track and field.

The Midget & Youth provincial teams will be competing in Winnipeg, MB on the weekend of July 14<sup>th</sup> – 16<sup>th</sup> in the Tri-Province/Western Canadian Challenge 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 1<sup>st</sup> 2017 and June 25<sup>th</sup> 2017.

**ONLY Athletes who compete at the trials/Age Class Provincial meet or exceed the standards listed, AND who complete the online registration form ([www.Trackiereg.com/2017-TriProv\\_Registration](http://www.Trackiereg.com/2017-TriProv_Registration)) will be considered for selection to the Team. Athletes can submit an appeal for selection if they are unable to attend Age Class provincials due to extenuating circumstance.**

#### General Information

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

Provincial team fee: \$150.00 + GST This team fee will include a competitive singlet, the Saturday evening team BBQ as well as a team gear package.

Coaching Staff: 10

Trials: Age Class Provincials – June 23<sup>rd</sup> & 24<sup>th</sup>

Team Practice: All Team Members will be expected to attend practice on July 2<sup>nd</sup>, July 9<sup>th</sup> from Noon – 2pm at University Stadium.

Meet Date: Friday July 14<sup>th</sup> – Sunday July 16<sup>th</sup>

#### Selection Criteria

- ONLY athletes who compete at the trials/Age Class Provincials meet or exceed the standards listed, AND who complete the online registration form ([www.Trackiereg.com/2017-TriProv\\_Registration](http://www.Trackiereg.com/2017-TriProv_Registration)) will be considered for selection to the Team.
- Team Selection will be based around performances achieved during the 2017 competitive season (January 1<sup>st</sup> 2017 – June 25<sup>th</sup> 2017).
- 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 one gender or in a age group, those spots will be reallocated (first within the age group, and then within the team as a whole).
- An athlete's ability to contribute to relays will also be considered during the selection process.
- All athletes must attend the Provincial Age Class Championships on June 23<sup>rd</sup> and 24<sup>th</sup> as this competition will serve as a key identification event.
- In alignment with the program's overall mandate, and 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 here [www.Trackiereg.com/2017-TriProv\\_Registration](http://www.Trackiereg.com/2017-TriProv_Registration)



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All athletes will be notified by **June 27<sup>th</sup>** if they have been selected to the Team. Athletes who have not been selected will also be notified.

The process to finalize team selections will occur in the order listed below. Once the team size is reached based on going through each of the steps, the selection process will end.

- 1) First place at the selection trials, having achieved the A standard
- 2) Second place at the selection trials, having achieved the A standard
- 3) First place at the selection trials, having achieved the B standard
- 4) Second place at the selection trials, having achieved the B standard
- 5) First place at the selection trials, having no standard
- 6) Second place at the selection trials, having achieved no standard
- 7) Appeals from an athlete who has achieved the A standard (see Appeals section)
- 8) Appeals from an athlete who has achieved the B standard (see Appeals section)
- 9) Athlete has an ability to contribute to a relay
- 10) The Team Lead and Event Coaches will have the authority to add an athlete in an event if there are not two eligible athletes in that event after the selection date.

### APPEALS:

Only athletes who are eligible to be considered for selection (i.e. have met the athlete eligibility requirements) and who have achieved a standard in 2017 may submit an appeal for selection to the Midget & Youth Team. Appeals are only accepted if an athlete is not able to compete in their event at the trials. All appeals whether medical or extenuating circumstances must be submitted with supporting documentation indicating that the athlete will be competition ready by the Tri Province Competition.

### COMPETITIVE READINESS REQUIREMENTS:

Once selected to the team, athletes with questionable competitive readiness due to lack of fitness, injury or illness may be removed from the team at any time. Athletes will be required to immediately report any injury, illness or change in training that could affect their ability to compete at their highest level at the Games. Notification must be sent to the Midget/Youth Team Lead, [admin@athleticsmanitoba.com](mailto:admin@athleticsmanitoba.com)

Failure to report injury or illness prior to the event may result in the athlete being deselected from the team. "Competitive readiness" is the ability of the athlete to achieve equal or superior performance(s) at the Tri Province/ Western Canadian Challenge, as compared to the performance(s) the athlete achieved in qualifying for the team. If an athlete's competitive readiness is in question, a performance test involving the Personal Coach, Team Event Group Coach or Midget/Youth Team Lead will be arranged. This test will vary in accordance with the event, injury or illness. Failure to demonstrate adequate health, fitness, and/or readiness an appropriate time before the 2017 Tri Province/Western Canadian Challenge Meet may result in removal from the team.



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## Standards

### 2017 Midget Women (2002/2003 YOB)

Events	A	B
100m	12.85	13.91
200m	26.65	28.91
300m	42.25	46.84
400m	N/A	N/A
800m	2:22.19	2:37.24
1200m	3:49.56	4:22.22
2000m	7:03.28	8:04.9
80m Hurdles - 30'	12.71	16.16
200m Hurdles - 30'	30.78	33.94
1500m Steeple - 30'	5:52.83	7:05.06
High Jump	1.52	1.35m
Pole Vault	2.35m	1.50m
Long Jump	4.92m	4.35m
Triple Jump	10.27m	9.16m
Shot Put -3kg	10.33m	8.31m
Discus - 1kg	28.00m	19.37m
Javelin -500g	20.81m	16.57m
Hammer -3kg	29.13m	17.20m

### 2016 Youth Women (2000/2001 YOB)

Events	A	B
100m	12.66	13.63
200m	25.91	28.38
300m	N/A	N/A
400m	59.43	1:05.10
800m	2:21.64	2:38.44
1500m	4:52.11	5:27.98
3000m	10:36.11	11:54.68
100mHurdles - 30'	15.10	17.33
300m hurdles - 30'	47.53	53.72
2000mSteeple - 30'	8:07.09	8:50.64
High Jump	1.55m	1.40m
Pole Vault	2.60m	1.50m
Long Jump	5.08m	4.57m
Triple Jump	10.69m	9.77m
Shot Put - 3kg	11.44m	8.93m
Discus - 1kg	30.66m	23.30m
Javelin -500g	34.39m	23.98m
Hammer - 3kg	38.78m	24.28m

### 2017 Midget Men (2002/2003 YOB)

Events	A	B
100m	11.77	12.70
200m	24.05	25.77
300m	37.37	41.39
400m	N/A	N/A
800m	2:04.30	2:15.75
1200m	3:23.06	3:44.80
2000m	6:11.24	7:05.48
100m Hurdles -33'	14.88	17.76
200m Hurdles- 30'	27.27	30.63
1500m Steeple -30'	4:56.66	6:10.39
High Jump	1.73m	1.45m
Pole Vault	2.65m	1.90m
Long Jump	5.72m	4.74m
Triple Jump	10.96m	9.56m
Shot Put - 4kg	11.93m	9.77m
Discus -1kg	39.00m	26.61m
Javelin -600g	37.21m	26.26m
Hammer - 4kg	33.44	21.62

### 2016 Youth Men (2000/2001 YOB)

Events	A	B
100m	11.30	11.99
200m	22.86	24.45
300m	N/A	N/A
400m	51.00	54.63
800m	1:57.76	2:07.44
1500m	4:06.16	4:28.74
3000m	9:19.81	10:22.95
110m Hurdles - 36'	15.56	17.04
300m Hurdles -33'	42.25	44.95
2000mSteeple - 33'	6:38.60	7:18.69
High Jump	1.85m	1.65m
Pole Vault	3.10m	1.90m
Long Jump	6.27m	5.59m
Triple Jump	12.63m	11.35m
Shot Put -5kg	13.71m	10.40m
Discus -1.5kg	39.11m	27.16m
Javelin -700g	44.69m	33.15m
Hammer - 5kg	37.92	21.16