

stride ahead • •
TOUGH ΤΠΔΟ

Date: Saturday, June 3, 2017

Sanction: Athletics Manitoba

Host: Stride Ahead Tough Track

Venue: University of Manitoba Outdoor Track

Timing: Omega Photo Timing System

Entries: 1) All participants must be a member of Athletics Manitoba, or Provincial Association recognized by

Athletics Canada

2) Entry Fees

\$10.00 per individual event

\$15.00 for relays

3) Please make cheques payable to:

Stride Ahead Tough Track

108 Shillingstone Rd Winnipeg Manitoba R3Y 1H7

4) Entry Deadline: Wednesday May 31, 2017 by 11:59pm

Please ensure that your entries are in on time. It will allow us to get the schedule out as soon as possible.

- **5)** Entries must be done online using Trackie.com. The link to the online registration will be posted on the Athletics Manitoba website: http://athleticsmanitoba.com
- 6) NO telephone or fax entries will be accepted
- 7) Seeded sections Please submit <u>accurate seed performances</u>
- 9) Any questions please contact Andy Tough 204 452 1179 Email: toughtrack11@gmail.com



2017 SATT OPEN

AGE CLASSES FOR 2017: PEE WEE: BORN IN 2006 & LATER

BANTAM: BORN IN 2004 & 2005

MIDGET: BORN IN 2002 & 2003

YOUTH: BORN IN 200 & 2001

JUNIOR: BORN IN 1998 & 1999

SENIOR: BORN IN 1997 & OLDER

MASTERS: BORN 1982 AND EARLIER

*****All Relay Team members must be from the Same Club or School*****

***NOTE: The Preliminary Schedule is a rough estimate of event times. It will change to a FINAL SCHEDULE based on the number of athletes that are entered per event.

The Final Schedule will be produced as soon as possible once all entries are received

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



TENTATIVE SCHEDULE EVENTS MAY RUN UP TO 15 MINUTES AHEAD OF SCHEDULE

Saturday, June 3, 2017

TRACK

9:00 am	3000m Timed Final (Special O, Youth & Older Men)
9:20 am	3000m Timed Final (Special O, Youth & Older Women)
9:40 am	110mh Timed Final (Youth & Older Men)
9:50 am	100mh Timed Final (Midget Men)
10:00 am	100mh Timed Final (Youth & Older Women)
10:10 am	80mh Timed Final (Bantam & Midget Women / Bantam Men)
10:25 am	200m Timed Final (Special O, Midget & Older Men)
10:50 am	200m Timed Final (Special O, Midget & Older Women)
11:20 am	800m Timed Final (Bantam and Older Men)
11:40 pm	800m Timed Final (Bantam & Older Women)
12:00 – 12:45 pm	n Lunch Break
12:45 pm	4 x 100m Relays (Men & Women)
1:00 pm	600m Timed Finals (Pee Wee Men & Women)
1:15 pm	1500m Steeplechase (Midget Men & Women)
1:30 pm	2000m Steeplechase (Youth Men & Women)
1:45 pm	3000m Steeplechase (Junior & Older Men & Women)
2:15pm	200mh Timed Final (Midget Men & Women)
2:25 pm	300mh Timed Finals (Youth Men & Women)
2:35 pm	400mh Timed Finals (Junior & Older Men & Women)
2:45 pm	150m Timed Final (Pee Wee & Bantam Men)
3:00 pm	150m Timed Final (Pee Wee & Bantam Women)
3:15 pm	2000m Timed Final Bantam & Midget Men
3:30 pm	2000m Timed Final Bantam & Midget Women
3:45 pm	80m Timed Final (Pee Wee & Bantam Men)
3:55 pm	80m Timed Final (Pee Wee & Bantam Women)
4:05 pm	100m Timed Final (Special O, Midget & Older Men)
4:30 pm	100m Timed Finals (Special O, Midget & Older Women)
4:55 pm	1500m Timed Final (Youth & Older Men)

1500m Timed Final (Youth & Older Women)

5:10 pm



5:30 pm 300m Timed Final (Bantam & Midget Men)

5:45 pm 300m Timed Final (Bantam & Midget Women)

6:05 pm 400m Timed Final (Special O, Youth & Older Men)

6:25 pm 400m Timed Final (Special O, Youth & Older Women)

6:45 pm 1200m Timed Final (Bantam & Midget Men)

7:00 pm 1200m Timed Final (Bantam & Midget Women)

7:20 pm 100m Timed Final Canada Games Men Exhibition

7:30 pm 100m Timed Final Canada Games Women Exhibition

7:40 pm 5000m Canada Games Trials Men

8:05 pm 5000m Canada Games Trials Women

8:30 pm 4 x 400m Relays (Men & Women)

FIELD

9:00 am High Jump (Pee Wee & Bantam Men)

9:00 am Javelin (Midget & Older Men)

9:30 am Long Jump (Special O Men, Pee Wee & Bantam Men)

10:00am High Jump (Pee Wee & Bantam Women)

10:30 am Javelin (Midget & Older Women)

10:30 am Long Jump (Special O Women, Pee Wee & Bantam Women)

1:00 pm Triple Jump (Midget & Older Men)

1:00 pm High Jump (Midget & Older Women)

2:30 pm Triple Jump (Midget & Older Women)

1:30 pm Hammer (Midget & Older Men & Women)

2:30 pm High Jump (Midget & Older Men)

3:00 pm Shot Put (Special O Men & Women, Pee Wee & Bantam Men/Women)

4:00 pm Pole Vault (Men)

4:00 pm Long Jump (Midget & Older Men)

4:30 pm Discus (Bantam & Older Men)

5:00 pm Shot Put (Midget & Older Women)

6:00 pm Long Jump (Midget & Older Women)

6:00 pm Discus (Bantam & Older Women)

6:30 pm Pole Vault (Women)

6:30 pm Shot Put (Midget & Older Men)