

2017 Tri Province
July 14-16th, 2017
Technical Package

UPDATED JULY 12TH

Hosted + Sanctioned by: Athletics Manitoba

Entry fees: Provincial Teams: \$750 per team

Individual Open Event entries: \$10 Per event, \$20 for late entry

Cash or cheques payable to Athletics Manitoba

ELIGIBILITY

All athletes must be registered with their respective Provincial Athletics Association

Age Categories:

Midget: born 2002 or 2003

Youth: born 2000 or 2001

Canada Summer Games: 1995 or later

Junior, Senior and Masters aged athletes will compete in the CSG/Senior events

LOCATION/FACILITY/ WARM UP

University Stadium/Pan Am Stadium, University of Manitoba Fort Gary Campus -32 Service St, 3 NW - Chancellor Mathieson –
Winnipeg, MB

Eight (8) lane 400m track

Warm Up may be done on the track where appropriate but the infield will be unavailable throughout the meet except for competition events.

Since the recent resurfacing of the track there is now an additional warm up area located on the back stretch of the track.

CONTACT INFO

All inquiries prior to 12pm Friday July 17th:

Rachael McLeod – athleticsmb@shaw.ca – 204-925-5745 (Office)

All inquiries onsite July 17th-19th:

Donna Harris – execdirector@athleticsmanitoba.com - 204-899-5089 (Cell)

ENTRY DEADLINE

All entries must be received by 11:59PM Sunday July 9th, 2017.

After this deadline, late fees will be charged for both Individual or Provincial Team entries. There will be NO entries accepted onsite.

Please send Provincial Team entries via HyTek to: athleticsmb@shaw.ca Or Provincial Teams may also submit their entries online via Trackie

Individual (Non-Provincial Team) entries must be submitted online via Trackie

<https://www.trackie.com/online-registration/event/tri-prov-2017/16728/>

TECHNICAL MEETING

A technical meeting for all coaches will be held in the grandstands at 4pm on Friday July 14th, 2017. Please ensure one coach per team is in attendance.

Questions can be submitted in advance to programs@athleticsmanitoba.com

A brief coaches meeting will be held each morning at the Finish line tent, prior to the start of competition

Saturday 9:30am

Sunday 8:00am

SCRATCHES

All scratches and/or changes must be received by Wednesday July 12th and can be sent to: athleticsmb@shaw.ca

Any subsequent scratches must be submitted to Alanna Boudreau in writing, prior to the following deadlines;

Friday session Technical Meeting (4pm Friday in the grandstands)

Saturday session 8:30am Saturday (Press box)

Sunday session 6pm Saturday (Press box)

Any athlete that DNS (does not start) their event will be scratched from all subsequent events.

Scratch forms will be provided in the registration package.

RELAYS

Relay Team declaration forms will be provided in the registration package.

The deadlines for submission of the forms will be as follows;

- 4x100m – Saturday 12pm
- 4x400m – Sunday 10:30am

REGISTRATION PACKAGES

Registration packages will be distributed to all Team and Club coaches at the Technical meeting on Friday July 14th, 2017. The following items will be included in each team package;

- Roster Summary/Event list
- Final Competition Schedule
- BBQ Tickets
- Relay declaration forms
- Scratch forms
- Inclement weather procedures

BBQ

Participant BBQ will be held on Saturday evening at the completion of the track events and is being catered by Salisbury House. Meals will include a choice of hamburger, cheeseburger or veggie burger (1/4 pound patty), house salad and a drink.

Teams with special allergy requests must submit them in writing by Sunday July 9th (same deadline as competition entries!)

MARSHALLING

The marshalling tent will be located on the north east corner of the track near the 200m start line.

For all track events, athletes must report to the marshaling tent 30mins before the scheduled time of their race. All track events will receive hip numbers, 800m and up will receive an additional chest number.

It is then the athlete's responsibility to be at the start line 15 minutes before race time.

Please note that NO marshalling will occur at the start line. If an athlete does not report to the marshalling tent or if they are not present at the start line in time they will not race. Please ensure all athletes are aware of and follow this procedure.

Field event athletes will marshal **at** their event, 30min prior to the start of the event, with the exception of pole vaulters who must check in 1hr prior to event.

EQUIPMENT

Starting blocks will be provided and must be used for all events 400m or less.

Throwing implements will be provided. Pole Vaulters must provide their own poles.

The weigh-in process for any personal implements will be communicated closer to the date of competition.

GENERAL MEET INFORMATION

Spikes are to be no longer than 7mm in length or 9mm for HJ and Javelin.

All athletes must wear proper team or club competition uniforms.

Medals will be awarded to the top three finishers in each event. Provincial teams will be provided their medals at the completion of the meet, prior to departure.

The final meet Schedule and Performance List will be posted at www.athleticsmanitoba.com

Start lists will be posted onsite beneath the grandstand prior to the start of the sessions each day.

CSG 800m races will be started in lanes, Midget and Youth 800m races will be determined based on entry numbers.

For the 100m, 100m/110m Hurdles and 200m, both an A and B final will be run (assuming entry numbers permit). The A final will be the Provincial Team final, the B final will be for open athletes. The A (Team) Final will go first, followed immediately by the B (Open) Final.

We are attempting to schedule all CSG throwing events in a way that allows athletes to use the circles that will be used in competition at the Games. Please note that due to a variety of factors we may not be able to accommodate all events!

Provincial Team competition scoring system

Individual Events		Team Relays	
1 st place	8 pts	1 st place	10 pts
2 nd place	6 pts	2 nd place	8 pts
3 rd place	5 pts	3 rd place	7 pts
4 th place	4 pts		
5 th place	3 pts		
6 th place	2 pts		

** Top 2 individuals and 1st relay from each province will count toward final team scores.

Technical Specifications

Event	MW	MM	YW	YM	CSGW	CSGM
80H	30"					
100H		33"	30"		33"	
110H				36"		42"
200H	30"	30"				
300H			30"	33"		
400H					30"	36"
Steeple	30"	30"	30"	33"	30"	36"
JV	500g	600g	500g	700g	600g	800g
SP	3kg	4kg	3kg	5kg	4kg	7.26kg
DT	1kg	1kg	1kg	1.5kg	1kg	2kg
HT	3kg	4kg	3kg	5kg	4kg	7.26kg

PROTEST PROCEDURES

Contact meet Directors (Alanna or Donna) to review the issue in question.

The Chief Referee will provide an initial explanation of the situation.

A formal protest may then be submitted if necessary - \$100 cash. Must be submitted prior to 30 minutes after the results were posted. (As indicated on the results and as per official meet time)

PROPOSED STARTING HEIGHTS – to be confirmed at the Technical Meeting

Midget Women	HJ	1.30m up by 5cm	PV	2.00m up by 15cm
Midget Men	HJ	1.45m up by 5cm	PV	2.35m up by 15cm
Youth Women	HJ	1.35m up by 5cm	PV	2.25m up by 15cm
Youth Men	HJ	1.60m up by 5cm	PV	3.35m up by 15cm
CSG Women	HJ	1.45m up by 5cm	PV	2.35m up by 15cm
CSG Men	HJ	1.70m up by 5cm	PV	3.00m up by 15cm