



## **10th Annual High School Track & Field Championship Series**

Hosted by the University of Manitoba Track & Field Team

### Dates:

Qualifying Meet #1	Thursday, January 10, 2019
Qualifying Meet #2	Monday, January 21, 2019
Qualifying Meet #3	Wednesday, February 6, 2019
Qualifying Meet #4	Friday, February 15, 2019
Championship Meet	Wednesday, March 13, 2019

### Eligibility:

Entry is open to all high school teams in Manitoba. Please register as a school with Athletics Manitoba. Individual entries from schools will be accepted on a case by case basis (based on supervision of athletes and payment of entries)

### Cost:

Registration in the High School Series includes the school membership fee! As a school member schools may also register athletes for any other Athletics Manitoba sanctioned event (Grand Prix's, Flying M, Boeing Classic etc).

The school membership fee must be sent to Athletics Manitoba. Cheques should be made out to "Athletics Manitoba". This fee must be submitted by Friday, December 7, 2018.

The High School Series Entries must be given to the University of Manitoba. Cheques are made out to "University of Manitoba". This fee can be brought to the first meet or can be mailed in advance to: 206 Max Bell Centre, University of Manitoba, Wpg, MB R3T 2N2

Please note that these are separate payments and not all in one cheque.

### **\$761.25 –for school registering 15 or more athletes for the series**

- \$236.25 for Athletics Manitoba School Membership and \$525 for High School Series Entries

### **\$583.75 – for schools registering less than 15 athletes for the series**

- \$183.75 for Athletics Manitoba School Membership and \$400 for High School Series Entries

## Categories:

Junior Varsity Girls

Varsity Girls

Junior Varsity Boys

Varsity Boys

## As per MHSAA rules

in order to qualify for the junior varsity competition athlete must meet the following requirements:

1. Participating athletes must be under the age of 17 as of midnight of the current school year, August 31.
2. Students are eligible to participate in junior varsity for two years. In determining the two-year clause, member schools must count grade 9 as the first year. The athlete's eligibility begins upon enrolment in grade 9 and is allowed two consecutive years of competition from time of enrolment in grade 9

JV Athletes competing in any events in the Varsity category, must then compete in all of their events in the Varsity category

## Technical Information:

Junior Varsity Girls Hurdles	30"	12m to the first hurdle	7.5m spacing between hurdles.
Varsity Girls Hurdles	33"	13m to the first hurdle	8.0m spacing between hurdles.
Junior Varsity Boys Hurdles	33"	13m to the first hurdle	8.5m spacing between hurdles.
Varsity Boys Hurdles	36"	13m to the first hurdle	8.5m spacing between hurdles.
Junior Varsity & Varsity Girls Shot Put		4kg	
Junior Varsity Boys Shot Put		4kg	
Varsity Boys Shot Put		5kg	

## Volunteer Officials:

We will try to provide as many of the volunteer officials from within our own team, however we may need some extra officials at times. If you have students from your school who would like to volunteer, please let us know when you arrive for the meet.

## Entries:

Entries will need to be submitted on a specially formatted excel spread sheet. If you are interested in participating in the series, please contact Claude Berube at [Claude.Berube@umanitoba.ca](mailto:Claude.Berube@umanitoba.ca) and a copy of the template will be sent to you.

Please try to be as accurate as possible when submitting your numbers for the roster. Rosters must be submitted no later than Friday, January 4, 2019.

## Meet Schedules and Events:

The four qualifying meets will be run from noon to 5:00 p.m. as listed below.

The Championship meet will be run from noon to 5:00 p.m.

### High School Series Qualifying Meet Schedule (Meets 1 & 3)

#### Track Events

\* We will be running a rolling schedule on the track which means that once an event has been completed we will move onto the next event

\* if time permits at the end of the meet we will run the relays

12:00pm	60 metres
	1500 metres
	400 metres
	4 x 200 metres

#### Field Events

12:30pm – 2:15pm	Shot Put Varsity Girls followed by Junior Varsity Girls
12:00pm - 2:00pm	Triple Jump Varsity Boys followed by Varsity Girls
2:00pm – 3:00pm	High Jump Varsity Girls (Starting Height 1.20m)
2:30pm – 4:30pm	Long Jump Jr Varsity Boys followed by Jr Varsity Girls
3:00pm – 4:45pm	Shot Put Varsity Boys followed by Junior Varsity Boys
3:15pm – 4:15pm	High Jump Jr Varsity Girls (Starting Height 1.25m)

## High School Series Qualifying Meet Schedule (Meets 2 & 4)

### Track Events

\* We will be running a rolling schedule on the track which means that once an event has been completed we will move onto the next event

\* if time permits at the end of the meet we will run the relays

12:00pm	60 metres Hurdles
	800 metres
	200 metres
	Medley Relay (800m, 200m, 200m, 400m)

### Field Events

12:30pm – 2:15pm	Shot Put Varsity Girls followed by Junior Varsity Girls
12:00pm – 2:00pm	Triple Jump Jr Varsity Boys followed by Jr Varsity Girls
2:00pm – 3:00pm	High Jump Jr Varsity Boys (Starting Height 1.40m)
2:30pm – 4:30pm	Long Jump Varsity Boys followed by Varsity Girls
3:00pm – 4:45pm	Shot Put Varsity Boys followed by Junior Varsity Boys
3:15pm – 4:15pm	High Jump Sr Boys (Starting Height 1.50m)

## Meet Information :

1. Track Race Order -- Junior Varsity Girls, Varsity Girls, Junior Varsity Boys, Varsity Boys
2. Relays –School may enter up to three teams per category. (Listed as “A”, “B” and “C”).
3. Points Scoring: 12, 10, 9, 8, 7, 6, 5, 4, 3, 3, 3, 3. (The category championship banners (Junior Varsity Girls, Varsity Girls, Junior Varsity Boys and Varsity Boys) will be based on the four qualification meets and not the Championship meet).
4. Schools may enter as many athletes as they wish per event but only three athletes per school will score.
5. Athletes may enter a maximum of two events plus a relay per meet. (Two events equate to: two track or two field or one track and one field event). This will also apply to the entries for the Championship Meet.
6. The use of starting blocks for sprint races will be left to the discretion of the meet directors depending on the meet staying on time

7. Momentos / gifts will be given to all athletes who participated in the meets. These will be handed out at the Championship Meet

8. A teacher from each school must be present during each competition.

9. Athletes must wear school uniforms or plain t-shirts (No club uniforms will be allowed).

10. All meet communication will be by email.

11. The Athletics Manitoba website will be used for posting of results and updating of individual standings and team results.

12. Qualification:

i) Top 12 in all track events including relays

ii) Top 12 in all field events

iii) Schools must confirm a qualifying athlete's entry for the championship final by noon, Monday, March 11th. In the case that an athlete who qualifies for a final is not able to complete the next highest ranked qualifier will be moved in to the Championship Final.

13. Championship Meet:

i) Medals for 1st, 2nd, and 3rd.

iii) There will be an "A" and "B" Final for all track events, including relays. The finalists in the Long Jump, Triple Jump and Shot Put will have three attempts only.