



# TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5744 FAX: 204-925-5792 [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

## High School Championships Series

<u>Tentative Dates:</u>	Qualifying Meet #1	Thursday, January 11
	Qualifying Meet #2	Monday, January 22
	Qualifying Meet #3	Wednesday, February 7
	Qualifying Meet #4	Friday, February 16
	Championship Meet	Thursday, March 15

### Eligibility:

Entry is open to all high school teams in Manitoba, but **all schools must have an Athletics Manitoba membership** (see below).

### Cost:

The High School Series Entry fee must be given to the University of Manitoba. Cheques should be 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

- \$500 – for school registering 15 or more athletes for the series
- \$400 – for schools registering less than 15 athletes for the series

Individual entries from schools will be accepted on a case by case basis (based on supervision of athletes and payment of entries)

### Athletics MB Membership:

The Athletics Manitoba membership fee, is an additional cheque that must be paid separately to Athletics Manitoba. Please submit the Athletics Manitoba Schools Registration Form available [HERE](#). Once submitted, an Invoice will be sent to confirm payment amount. (We will verify that it has been filled in correctly to avoid over/incorrect payment amounts).

For schools that are ONLY participating in the High School Series, (and not also in Track Attack for example) you must include your Equipment Levy fee, with your Athletics Manitoba Membership.

\$175 + 50 Equipment Levy + GST - for school program with 15 or more athletes	(TOTAL - \$236.25)
\$125 + 50 Equipment Levy + GST - for school programs with less than 15 athletes	(TOTAL - \$183.75)

### Categories: (High School Eligibility Rules)

Junior Girls	Varsity Girls
Junior Boys	Varsity Boys

As per MHSAA rules in order to qualify for the junior varsity competition, athletes 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

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

<u>Technical Information:</u>	Junior Girls Hurdles 30"	12m to first hurdle 7.5m spacing between hurdles.
	Senior Girls Hurdles 33"	12.5m to first hurdle 8m spacing between hurdles.
	Junior & Senior Boys Hurdles 36"	13m to first hurdle 8.5m spacing between hurdles.
	Junior & Senior Girls	4 kg shot put
	Junior Boys	4 kg shot put
	Senior Boys	5 kg shot put



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## Volunteer Officials:

It is mandatory that schools who register 15 or more athletes must bring a minimum of two volunteers to each meet. Schools with less than 15 athletes must bring at least one volunteer to each 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.

## Tentative Schedule (SUBJECT TO CHANGE)

The four qualifying meets run at the Max Bell Centre at the University of Manitoba from 12:00 p.m. to 5:00 p.m. as follows:

## Events:

Qualifying Meet 1	Qualifying Meet 2	Qualifying Meet 3	Qualifying Meet 4
60m	60m Hurdles	60m	60m Hurdles
1500m	800m	1500m	800m
400m	200m	400m	200m
Triple Jump (V-M, W) Long Jump (JV-W, M)	Long Jump (V-M, W) Triple Jump (JV-W, M)	Triple Jump (V-M, W) Long Jump (JV-W, M)	Long Jump (V-M, W) Triple Jump (JV-W, M)
Shot Put	Shot Put	Shot Put	Shot Put
High Jump (W)	High Jump (M)	High Jump (W)	High Jump (M)
4 x 200m	Medley (800 x 200 x 200 x 400)	4 x 200m	Medley (800 x 200 x 200 x 400)

## Tentative Qualifying Meet Schedule 1 & 3 (SUBJECT TO CHANGE)

### *Track Events*

12:00pm – 1:15pm	60 metres	Infield
1:30pm – 2:30pm	1500 metres	Oval
2:45pm – 4:00pm	400 metres	Oval
4:15pm – 5:00pm	4 x 200 metre relay	Oval

### *Field Events*

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



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## Qualifying Meet Schedule Meets 2 & 4 (SUBJECT TO CHANGE)

### Track Events

12:00pm – 1:00pm	60 metres hurdles	Infield
1:15pm – 2:15pm	800 metres	Oval
2:30pm – 3:45pm	200 metres	Oval
4:00pm – 5:00pm	Medley Relay (800, 200, 200 400)	Oval

### Field Events

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

### Meet Information

1. Track Race Order -- Junior Girls, Senior Girls, Junior Boys, Senior 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 Girls, Senior Girls, Junior Boys and Senior 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).
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. Mementos / 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:
  - a. Top 12 in all track events including relays
  - b. Top 12 in all field events
  - c. Schools must confirm a qualifying athlete’s entry for the championship final by noon, Monday, March 12th. 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:
  - a. Medals for 1st, 2nd, and 3rd.
  - b. 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.