



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

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www.athleticsmanitoba.com

Masters Athletics Meet and Greet!

- When: 11:30am Saturday November 10th
Where: University of Manitoba
James Daly Field House, Max Bell Centre
Meet on the 2nd floor mezzanine level, outside the hockey rink by the glass doors
- What: 11:30am – 12:00pm
Arrivals, introductions
Review of training options, membership fees
Competition opportunities
Facility viewing and tour
- 12:00pm – 12:45pm
Optional warm up and workout
OR
Race opportunity!

The goal of this event is to provide an opportunity to see our facility in action! Saturday's are a busy day of training for all level of participants, so we'll start above the crowd, where we can chat and provide some background information.

We'll point out coaches and at the end of the sessions you'll have an opportunity to meet with them and discuss different training options.

You will also have the opportunity to get active and participate in a group warm up and workout, led by some of our current Masters Athletes!

Finally, Lou Billinkoff is going to be racing, in an attempt to set a new Canadian record in the 50m and potentially break the World Indoor record! We have 10 lanes, so that means there are 9 open spots for anyone that wants to join him.

Remember, "Masters" are defined as participants 35 and over and all competitive results are grouped in 5-year increments. There is also a "sub-masters" category of 30-34. Everyone is welcome!

Please RSVP to Noelle Merkel at programs@athleticsmanitoba.com or 204-925-5743. Let us know if you plan to participate AND if you'd like to race!

Hope to see you there!