

2018 WINTER OPEN

JANUARY 19, 20, 2018

DATE: **Friday and Saturday, January 19, 20, 2018**

SANCTION: **Athletics Manitoba**

HOST: **Winnipeg Optimist Athletics**

VENUE: **James Daly Fieldhouse, Max Bell Centre, University of MB, Winnipeg**

TIMING: **Fully automatic electronic timing system** – Omega Photo-timing Systems

AWARDS: **Ribbons for Top Three in Age Group**

MEET HOTEL: **Best Western Plus, Pembina Inn & Suites, 1714 Pembina Hwy -Winnipeg, R3T 2G2**
Close to the University Ph - 204-269-8888 Fax - 204-269-8889
Toll Free Reservations: 1-877-269-8811

ENTRIES: A) Eligibility – All entrants must be registered members of Athletics Manitoba and/or Athletics Canada.

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B) Entry Fees

- **\$ 10.00 per event**
- **\$ 10.00 per each relay team**
- **Late Fees: \$16.00 per individual event and \$14.00 per each Relay Team**
- Late entries will only be accepted if there is room and it does not change the schedule at the discretion of the meet director.

C) School Entries – Team Entry \$300 (Maximum of three athletes per event or regular fees) – Open to schools registered with Athletics Manitoba as member schools.

D) Cheques payable to: WINNIPEG OPTIMIST ATHLETICS CLUB

E) **Entry deadline Received by 11:59 PM on Monday, January 15, 2018.**

Please ensure that your entries are in on time, so that we can get the final schedule out as soon as possible.

F) Only entries using the Hy-Tek system or the Trackie.ca Registration online system will be accepted.

F) No telephone or fax entries will be accepted.

G) Seeded sections – Please submit **accurate seed performances** in order to allow for the accurate seeding of track events. It is the responsibility of club and school coaches to ensure the accuracy of their entry data.

I) Questions may be directed to: Wayne McMahon H 204-261-0467 or
email: gwaynemcmahon@gmail.com

Event Change Reminder: Adopting the Athletics Canada Long Term Athlete Development Model, Bantam age groups will compete at 150m, 300m, and 1200m instead of 200m, 400m and 1500m, and Midget age groups will compete at 300m and 1200m instead of 400m and 1500m.

AGE CLASSES FOR 2018 :PEEWEE:

BORN in 2007 & later

BANTAM:

BORN in 2005 & 2006

MIDGET:

BORN in 2005 & 2004

YOUTH:

BORN in 2001 & 2002

JUNIOR:

BORN in 1999 & 2000

SENIOR:

BORN in 1998 & earlier

MASTERS:

Age 35 and over

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SHOT WEIGHTS:	PeeWee Bantam	2.73 kg (6 lbs)
	Bantam /Midget/Youth Women	3 kg
	Bantam Men	3kg
	Youth Men	5 kg
	Junior Men	6 kg
	Senior Men	7.26 kg (16 lbs)
	All others	4 kg

WEIGHT THROW:	Youth Men & all Women	9.09 kg (20 lbs)
	Junior & Senior Men	15.91 kg (35 lbs)

HURDLES:	<u>Hurdle Height</u>	<u>To 1st Hurdle</u>	<u>Between Hurdles</u>
Senior Men	1.067m (42")	13.72m	9.14m
Junior Men	0.991m (39")	13.72m	9.14m
Youth Men	0.914m (36")	13.72m	9.14m
Midget Men	0.840m (33")	13.0m	8.5m
Bantam Men	0.762m (30")	12.0m	7.5m
Senior & Junior Women	0.840m (33")	13.0m	8.5m
Youth Women	0.762m (30")	13.0m	8.5m
Midget Women	0.762m (30")	12.0m	8.0m
Bantam Women	0.762m (30")	12.0m	7.0m

- Races will only be run at these standard distances.

Athletes may enter an individual event in **only one age class**. Athletes may move up to compete in an older age group event or to complete a Relay Team, but may not run an event or a relay in two different age groups or on two separate teams.

RELAYS: **All teams members must be from the same Club or School.**

Entries will be accepted on a first come first served basis. Some field events may have the number of attempts will be limited to **three plus one additional jump for top 8**. These decisions will be made by the meet director and/or meet manager based on time considerations.

Bantam and PeeWee athletes will receive three attempts and the top 8 one additional attempt in the Long Jump and Shot Put.

Please be advised that the Preliminary Schedule is exactly that, preliminary, and it will change. Final Schedule is based on the number of athletes that are entered per event. We will produce and post the final schedule as soon as possible, once the entries are received.

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

Other events may be added at the discretion of the meet organizers. Make early requests please.
Masters Events for Men and Women may be added if there are three or more competitors in an age group

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TENTATIVE Schedule

Track Events will be run from Fastest to Slowest heats

Friday, January 19th - TRACK

5:30 PM	60m	Heptathlon Men
	60m	Pee Wee & up Men
	60m	Special Olympic Men
	60m	Pee Wee & up Women
	60m	Special Olympic Women
	1500m	Youth & up Men
	1500m	Special Olympic Men
	1500m	Youth & up Women
	1500m	Special Olympic Women
	1200m	Midget Men
	1200m	Midget Women
	1000m	PeeWee, Bantam Men
	1000m	PeeWee, Bantam Women
	300m	Bantam Men & Up
	300m	Bantam & Up Women
	400m	Youth Men & Up
	400m	Special Olympic Men
	400m	Youth & Up Women
	5000m	Open & Masters – Men & W

Friday,

January

19th - FIELD

5:30 PM	Standing L,Jump	Bantam & PeeWee M & W
5:30 PM	Shot Put	Youth, Jr., Open, Men
5:45 PM	High Jump	Pee Wee/Bantam/Mid Women
6:15 PM	Long Jump	Youth, Jr., Open, Hept Men
7:00 PM	Shot Put	Hept. Men
7:30 PM	Long Jump	Pee Wee/Bantam/Midget Men
7:45 PM	High Jump	Youth, Jr., Open, Hept. Men

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Tentative Schedule

Saturday, January 20th - TRACK

9:30 AM	60m Hurdles	Men
	60m Hurdles	Women
	2000m	Midget Men
	2000m	Midget Women
	3000m	Youth & Up Men
	3000m	Master's Men *numbers permitting
	3000m	Youth & Up Women
	3000m	Master's Women *numbers permitting
	150m	Pee Wee/Bantam Men
	150m	Pee Wee/Bantam Women
	200m	Midget & Up Men
	200m	Master's Men *numbers permitting
	200m	Midget & Up Women
	200m	Master's Women *numbers permitting
	600m	Pee Wee & up Men
	600m	Pee Wee & up Women
	800m	Midget & Up Men
	800m	Midget & Up Women
	1000m	Heptathlon
	4x100m	All Men
	4x100m	All Women

Saturday, January 20, 2018 - **FIELD**

9:30 AM	Long Jump	PeeWee, Bantam & Midget Women
9:30 AM	Shot Put	Special Olympic Men & Women
10:45 AM	High Jump	Midget & up Women & Pent W
11:00 AM	Shot Put	PeeWee, Bantam Midget Men
11:00 AM	Triple Jump	Midget & up Men
12:15 PM	Shot Put	Midget & up Women
12:30 PM	Long Jump	Midget & up Women, Pent W
12:15 PM	Pole Vault	Women & Men
1:00 PM	High Jump	PeeWee, Bantam Midget Men
1:00 PM	Triple Jump	Midget & up Women
TBA	Long Jump	Special Olympic Men & Women