



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

Athletics Manitoba Annual Information Package

2018-2019



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Athletics Manitoba is the sport governing body for road running, track and field and cross country in the province of Manitoba. Athletics Manitoba is a volunteer driven, athlete focused, not-for-profit organization that operates programs in all regions of the province. The programs offered represent the full range of skill development from early entry through developmental and high performance for athletes, coaches and officials.

Athletics Manitoba is located at the Sport for Life Centre at 145 Pacific Ave Room 416.

Athletics Manitoba Staff

Alanna Boudreau	Executive Director	execdirector@athleticsmanitoba.com	204-925-5744
Noelle Merkel	Program Manager	programs@athleticsmanitoba.com	204-925-5743
Ming pu Wu	Provincial Coach	provcoach@athleticsmanitoba.com	email only

Individual Membership Fees

Peewee/Bantam Athlete Membership	\$75.60	(72.00 +GST)
Midget-Masters Athlete Membership	\$78.75	(75.00 +GST)
Coach + Official Membership	\$26.25	(25.00 +GST)

School Membership Registration Form [HERE](#)

- Schools with an Athletics Manitoba membership will provide their athletes with the opportunity to compete and register for all sanctioned meets throughout the school year. *(This includes AM Last Chance, Elementary Relays, Track Attack, High School Series, Junior High Championships, AM Spring Open, and Age Class).*
 - Entry fees are not included with the purchase of a membership
- In addition, having an Athletics Manitoba Memberships includes insurance coverage for the full school year, free Hy-Tek training (if required) for athlete and meet registration, and [assistance with spring training](#).
- School memberships are due no later than December 7th, 2018.

Please complete the School Membership Registration form (link above). Indicate what type of membership you require and which programs your school intends on participating in this season. Save the file and using Adobe Acrobat Reader complete the fillable form and submit to programs@athleticsmanitoba.com. Once your school's registration form has been received Invoices will be distributed.

Elementary School Membership Only:	\$126.00	(120.00 +GST)
Elementary School Day Membership (only good for one meet):	\$59.85	(57.00 +GST)
Small School Membership (14 athletes or less)	\$183.75	(175.00 +GST)
Large School Membership (15 athletes or more)	\$236.25	(225.00 +GST)



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Exclusive Use

Each year Athletics Manitoba coordinates access to the Jim Daly Field House for specific training time for our Clubs; Monday-Thursday evenings, 11am-2pm on Saturday and 12pm-2pm on Sundays. This indoor training access begins October 22nd, 2018 and ends April 18th, 2019. Outdoor training hours begin April 20th, 2019.

Those that plan on using the Jim Daly Fieldhouse during exclusive hours MUST be registered members of a club, as well as Athletics Manitoba.

School groups and other external user groups who are interested in training during these hours must contact Athletics Manitoba to make special requests for access. These requests are only granted on a case by case basis and are strictly limited for traffic and safety reasons.

Club Membership Information

Additional training opportunities for athletes exist through our member Clubs. These clubs provide the opportunity for athletes to train at the University of Manitoba on a regular basis. Please contact registered clubs for their fee schedules.

<i>Bison Track and Field</i>	<i>Claude Berube</i>	<i>204.955-8989</i>	<i>claud.berube@umanitoba.ca</i>
<i>Bulldogs (Special Olympics)</i>	<i>Ian Cook</i>	<i>204-668-2228</i>	<i>icook7@shaw.ca</i>
<i>Kildonan Athletics Club</i>	<i>Christian Molina</i>		<i>kildonanathleticsclub@gmail.com</i>
<i>Flying M Athletics</i>	<i>Gillian Seymour</i>	<i>204.489.7361</i>	<i>flyingmathleticclub@hotmail.com</i>
<i>Prairie Storm Athletics (Neepawa)</i>	<i>Bryce Koscielny</i>		<i>coachkoscielny@gmail.com</i>
<i>Navvies Track Club (Special O)</i>	<i>Janice Howe</i>	<i>204-612-7365</i>	<i>navviestc@highspeedcrow.ca</i>
<i>Roadkill Running Club</i>	<i>Ken Perchaluk</i>	<i>204-999-7084</i>	<i>kenperchaluk@shaw.ca</i>
<i>Sisler Track Club</i>	<i>Jonathan Fast</i>		<i>jfast@wsd1.org</i>
<i>Stride Ahead Tough Track</i>	<i>Andrew Tough</i>	<i>204.452.1179</i>	<i>toughtrack11@gmail.com</i>
<i>Winnipeg Optimist Athletics</i>	<i>Larry Switzer</i>	<i>204.885.5714</i>	<i>larry.switzer@shaw.ca</i>

Athletics Manitoba Annual Awards Gala

The Athletics Manitoba Awards Gala will be held mid-November. Once plans are finalized information will be sent out to members, as well as posted on our website!



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Tentative 2018-2019 XC/Indoor Schedule

Please check the Athletics Manitoba website for Further updates to the schedule

September

Thursday, September 14	Bison Time Trial	Churchill Drive
Saturday, September 22	St. Olaf Invitational	Northfield
Wednesday, September 26	MILK XC Winnipeg Challenge	Kilcona Park/Harbourview Golf Club
Saturday, September 29	U of Saskatchewan Open	Saskatoon, SK

October

Wednesday, October 10	Fall Coaches Dinner and Planning Meeting	TBD, Wpg
Wednesday, October 17	MHSAA Cross Country Championships	TBD, Wpg
Saturday, October 13	Ronn Pynn Invitational	Grand Forks, ND
Saturday, October 27	Stewart Cup	Calgary, AB
Sunday, October 28	Chris McCubbins Age Class Championships	Kilcona Park/Harbourview Golf Club

November

TBD	Athletics Manitoba Awards Banquet	TBD
Saturday, November 10	U-Sports Cross Country Champs	Kingston, ON
TBD	Master's Night	U of M
Friday, November 23	Brown and Gold Intersquad	U of M
Saturday, November 24	National Cross-Country Championships	Kingston, ON

December

Saturday, December 1	George Tanner Classic	U of M
Fri-Sat, December 7-8	Athletics Manitoba Last Chance	U of M
Wednesday, December 12	Winter Teacher Training Night	U of M

January

Wednesday, January 9	Bison Grand Prix #1	U of M
Thursday, January 10	High School Series #1	U of M
Tuesday, January 15	Track Attack #1	U of M
Fri-Sat, January 18-19	WOA Winter Open	U of M
Monday, January 21	High School Series #2	U of M
Wednesday, January 30	Bison Elementary Relays	U of M
Thursday, January 31	Track Attack #2	U of M

February

Fri-Sat, February 1-2	Bison Classic	U of M
Wednesday, February 6	High School Series #3	U of M
Wednesday, February 13	Track Attack #3	U of M
Wednesday, February 13	Bison Grand Prix #2	U of M
Friday, February 15	High School Series #4	U of M
Fri-Sat, February 22-23	Can West Championships	Edmonton, AB
Thursday, February 28	Boeing Classic Elementary Relays	U of M

March

Fri-Sat, March 1-2	Boeing Classic	U of M
Thurs-Sat, March 7-9	U-Sport Championships	U of M
Tuesday, March 12	Athletics Manitoba Elementary Relays	U of M
Wednesday, March 13	High School Series Championships	U of M
Tuesday, March 19	Track Attack #4	U of M



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Tentative 2019 Outdoor Schedule

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April

TBD	Spring Teacher Training Night	TBD
Fri-Sat, April 26-27	Athletics Manitoba Super Coaching Seminar	TBD
TBD	Spring Coaches Dinner and Planning Meeting	TBD

May

Fri-Sat, May 10-11	Athletics Manitoba Spring Open	U of M
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June

Sat, June 1	SATT Open	U of M
Tuesday, June 4	Junior High Championships	U of M
Thurs-Sat, June 6-8	MHSAA Provincial Championships	U of M
Fri-Sat, June 14-15	Manitoba Indigenous Track Meet	U of M
Fri-Sat, June 21-22	Athletics Manitoba Age Class	U of M

July/August

Fri-Sat, July 5-6	GO Classic	U of M
July TBD	Tri-Province	Swift Current, SK
Thurs-Sun, July 25-28	Canadian Track and Field Championships	Montreal, QC
August 9-11	Legion Nationals Championships	Sydney, NS
August 13-18	Western Canadian Summer Games (Athletics Week 2)	Swift Current, SK



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Programs have been broken down into 3 different sections; Athlete Development (i.e. Training opportunities) Competitions and Coach Development.

The document can still be viewed traditionally by scrolling through each section, but this page also acts as a modified table of contents as you can click on the program in question and jump directly to the relevant page.

Athlete Development	Elementary Programs	Junior High Programs	High School Programs
	Run Jump Throw Wheel		
	Summer Outreach Program	Summer Outreach Program	Summer Outreach Program
	Legion Camp	Legion Camp	Legion Camp
	Club Programs	Club Programs	Club Programs
	Diana Stevens Fund		
Competitions	Elementary Programs	Junior High Programs	High School Programs
	Milk Cross Country Challenge	Milk Cross Country Challenge	Milk Cross Country Challenge
	Elementary Relays	Track Attack	High School Series
	Indoor Age Class Competitions	Indoor Age Class Competitions	Indoor Age Class Competitions
	MB Games + Regional Competitions	MB Games + Regional Competitions*	MHSAA Championships
	Outdoor Age Class Competitions	Junior High Championships	Outdoor Age Class Competitions
		Outdoor Age Class Competitions	Midget/Youth Provincial Team - Tri Province
		Midget/Youth Provincial Team - Tri Province	Legion Nationals
		Legion Nationals	Western Canada Summer Games 2019
Coach Development	Elementary Programs	Junior High Programs	High School Programs
	Regional Coach Clinics	Regional Coach Clinics	Regional Coach Clinics
	NCCP Training - Run Jump Throw Wheel, Sport Coach	NCCP Training - Sport Coach, Club Coach	NCCP Training - Sport Coach, Club Coach
	Elementary Relays Volunteer Training	Track Attack Volunteer Training	High School Volunteer Training
		Western Canada Summer Games Mentorship Program	Western Canada Summer Games Mentorship Program
		Student Volunteer and Leadership Opportunities	Student Volunteer and Leadership Opportunities
	Athletics MB Super Seminar	Athletics MB Super Seminar	Athletics MB Super Seminar



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Diana Stevens Legacy Fund

Diana Stevens had a deep and passionate love of grassroots Track and Field in Manitoba. She loved what the sport could do for all children, how it encouraged healthy living, developed confidence in athletes, and gave athletes of any ability or age the opportunity to be a part of a team. Diana was an enormous supporter of the many Athletics Manitoba's school-based programs and the children that these programs impacted. Her passion to create a positive environment, help young athletes learn to train for Track and Field, and grow through sport were paramount in all the programs that she developed.

The Diana Stevens Fund supports school-based programs in the province. Elementary and middle years schools are encouraged to apply for this funding which is designed to help offset the cost participating in Track and Field; removing barriers to participation. The Diana Stevens Legacy fund will help a minimum of one school a year continue to live out Diana's passion of reaching children through Track and Field (please note that to assist as many programs as possible, schools will not be awarded the funding in successive years). For the 2018/19 school year one school will be receive the funding through the Diana Stevens Legacy fund in the amount of \$400.00

Application information should include:

- Name of School based program
- Coach/program coordinator's name
- Coaching certification level of head and assistant coaches
- Number of athletes in program
- Age/Grade of athletes affected
- Indication of whether the program is an indoor or outdoor program or both
- Description of the population of your school (new Canadians, inner city, etc)
- An explanation of why these funds are needed
- Outline how this donation will be used and what the projected benefits of this program are to the school and community

A staff committee will review the applications and select a recipient based on program impact and indication of need as expressed in the application.

DEADLINE FOR APPLICATIONS: DECEMBER 3rd, 2018

Application/ Email of interest can be forwarded to:

Alanna Boudreau, Executive Director

execdirector@athleticsmanitoba.com

204 925 5744



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Run Jump Throw Wheel

Run, Jump, Throw, Wheel (RJTW) is Athletics Canada's official grassroots program of physical activity for children and youth. RJTW contributes to the development of fundamental motor skills such as running, jumping, and throwing through a series of lessons that focus on skill acquisition, sport education and participatory/team competition.

The program is designed to give elementary school aged children a strong background in sport skills that will serve them well in other sports and throughout their lives. No matter what sport or physical endeavour children attempt in their lifetime, the mechanics of running, jumping, and/or throwing will inevitably come into play.

This training program fits perfectly into a school's existing physical education program.

The NCCP RJT Instructor Course:

The NCCP RJT Instructor Course trains Instructors to develop fundamental motor skills such as running, jumping and throwing in children ages 7 through 12. Following the course Instructors will be able to:

- Plan a practice
- Use progressions to teach fundamental motor skills to children
- Understand and apply the progressions used to teach basic track and field skills
- Apply Run, Jump, Throw activities to other sport programs (soccer, basketball, etc)
- Use resources in ongoing physical education school programs
- Coach grassroots track and field athletes in a track club or school program
- Work as a Run, Jump, Throw Instructor

Participants receive a full resource package including scripted lesson plans, educational DVD and reference materials. For more information regarding the NCCP RJT Instructor Course, please contact:

Noelle Merkel – programs@athleticsmanitoba.com



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Athletics Manitoba School Outreach 2019

Athletics Manitoba is pleased to once again offer an outreach program to schools to assist with training and competition for the 2019 Outdoor Track Season. The long-term goal of this program is to develop and support a strong feeder system for Manitoba Games and other regional and provincial competitions.

The program is targeted at grades 6 through 9 (U14 and U16 athletes) as an introduction to further Athletics training and running, jumping and throwing events; however, depending on the size of the school and the number of athletes, high school students can be engaged in the program as well. The resources from this program are designed to help athlete's transition from an introductory Run Jump Throw Wheel program into more advanced technical program and to prepare athletes wishing to compete for their region at the Power Smart Manitoba Games in 2020. Coaches will be provided with a 6-week program that can be modified as needed to fit the needs of their practice schedule.

There is no fee for this program, but all schools MUST HAVE AN ATHLETICS MANITOBA MEMBERSHIP. (Complete the school registration form available [here](#)). Interested schools can sign up to be part of the program which will include the provision of a 6-week training program for athletes (3 sessions a week), at least one visitation from Athletics Manitoba clinicians. Following the clinic(s), athletes and/or teams will be encouraged to compete at Age Class Championships at the end of June. In addition, Midget athletes (age 14-15) are eligible for selection to the Midget Provincial Team that competes at the Tri-Province meet in July.

How do we get in? How does the program work?

1. Registration is done by completing the registration form - [HERE](#)
Please complete your registration by April 12th, 2019
2. Once your registration is received, Athletics Manitoba will email you the complete 6-week training program.
3. Start training!
4. Athletics Manitoba summer students will be in touch with you by the end of April to set up your school clinic date(s).



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Legion Athletic Camp

Track and Field

Boys and girls 10-15 years old will get the opportunity to learn track and field skills and modern training methods in all of the sport's exciting events. Young athletes will have the chance to learn a little about all events and later in the week learn more about their favourite events.

Head Coach: TBD

Website: <http://www.legionathleticcamp.com/article/-track-and-field-60.asp>

Advanced Track

Athletes 15-17 years of age specialize in events and receive advanced training led by international, national and provincial coaches. Our goal is to make sure each athlete gains added knowledge and skills in their area of specialization. In addition to daily training sessions, staff provides lectures, films and demonstrations on the latest training techniques. We also focus on other aspects of competition including nutrition, relaxation and discipline. We will offer rules and officials training as well as the event training.

Head Coach: Matt Blewett

Website: <http://www.legionathleticcamp.com/article/advanced-track-168.asp>



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2018 MILK Cross Country Challenge

Milk Cross Country Challenge TENTATIVE SCHEDULE

Wednesday, September 26th, 2018

PROVINCIAL SCHOOL TEAM CHAMPIONSHIP

Kilcona Park/Harbourview Golf Club

10:00 am	Grade 4 Girls	2km
10:40 am	Grade 4 Boys	2km
11:20 am	Grade 5 Girls	2km
12:00 pm	Grade 5 Boys	2km
12:40 pm	Grade 6 Girls	2km
1:20 pm	Grade 6 Boys	2km
2:00 pm	Grade 7 Girls	2km
2:15 pm	Grade 7 Boys	2km
2:30 pm	Grade 8 Girls	2km
2:45 pm	Grade 8 Boys	2km
3:00 pm	Grade 9/10 Girls (JV)	3km
3:15 pm	Grade 9/10 Boys (JV)	4km
3:30 pm	Varsity Girls	4km
3:45 pm	Varsity Boys	5km



*** Please note: this is the TENTATIVE SCHEDULE. The schedule has been adjusted due to the large number of entries that were received last year. Once all entries have been received, the schedule will be finalized. In an effort to accommodate busing, races can run 15-30 minutes ahead of schedule. ***

VOLUNTEERS

Each school must provide one volunteer for this event. Volunteer names must be submitted to Noelle at programs@athleticsmanitoba.com prior to the event. Roles will be assigned and distributed via e-mail.

AWARDS

Banner for Top Team, (Male and Female) in each grade.

Top 10 athletes in each age category receive award ribbons.

All athletes receive a participation ribbon and a carton of chocolate milk.

ENTRY INFORMATION

Team Entries: A team will consist of a maximum of 6 and a minimum of 4 athletes of one gender with the best 4 performances counting in the team score. Athletes must belong to the same school. Entry fee of \$15.00 per team (per age group) to a maximum of \$150.00 per school. Individual entries \$10.00 per person. Cheques payable to Athletics Manitoba.

Entry Deadline: All entries must be completed either online through Trackie - www.trackiereg.com/2018-MilkXC or with an entry form template (Download [HERE](#)). Please send to programs@athleticsmanitoba.com **No later than Wednesday, September 18th, 2019.**

Changing and washroom facilities will be open for use at the Harbourview Club House. This meet is sanctioned by Athletics Manitoba and MHSAA and sponsored by Dairy Farmers of Manitoba.

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Chris McCubbins Age Class XC Championships

LOCATION: Kilcona Park / Harbourview Golf Club
HOSTED BY: The Bison Athletics Club
DATE: Sunday, October 28th, 2018

Tentative Schedule

Races can run up to 15 min. Ahead

10:00 am	Pee Wee Girls (2007 and later)	2km
10:20 am	Pee Wee Boys (2007 and later)	2km
10:40 am	Bantam Girls (2005-2006)	2km
11:00 am	Bantam Boys (2005-2006)	2km
11:20 am	Midget Girls (2003-2004)	3km
11:40 am	Midget Boys (2003-2004)	3km
12:10 pm	Youth Girls (2001-2002)	3km
12:30 pm	Youth Boys (2001-2002)	5km
12:50 pm	Junior Women (1999-2000)	5km
	Masters Women (35 years of age & older on day)	5km
1: 20 pm	Junior Men (1999-2000)	8km
	Masters Men (35 years of age & older on day)	8km
	Senior Women (1998 and earlier)	8km
2:00pm	Senior Men (1998 and earlier)	10km

AWARDS

Top three individuals in each age group (male / female) will receive medals.

ENTRY INFORMATION

Team Entries: A team will consist of a minimum of 4 and a maximum of 6 athletes of one gender with the best 4 performances will count in the team score. Athletes must belong to the same club or school.

Entry Deadline: Entries must be received no later than **Monday, October 22nd, at Midnight**. All entries must be done online at Trackie.Reg

Team entry (per Age Group):	\$40.00	Late Entry Fee:	\$ 60.00
Individual Entry:	\$10.00	Late Entry Fee:	\$ 20.00

Cheques Payable to: Bison Athletics Club

Exact schedule will be posted / distributed following finalization of course routes and registration.
Please be sure to arrive in plenty of time to spare in case times change.

Changing and washroom facilities will be open for use at the Harbourview Club House. The restaurant will be open for purchasing refreshments. This meet is sanctioned by Athletics Manitoba.

Please email Claude Berube at (Claude.Berube@umanitoba.ca) for additional information



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2019 Athletics Manitoba Elementary Relays

Tuesday, March 12th, 2019

JAMES DALY FIELDHOUSE – UNIVERSITY OF MANITOBA

Awards: Participation Certificates for all student competitors
Ribbons for top five
Award of Recognition for school with most points in each grade category

Entry Fees: Schools providing volunteer assistance for the meet will be given a significant discount on their entry fee.
Volunteers must be available for the entire time and should be at least 15 years of age.

Registration: Please complete the [School Membership Registration form](#). Please indicate your intent to participate in the program, once the registration form has been received you will receive an Invoice.

Member Schools with 2 Volunteers: \$115.50 (\$110 +GST)

Member Schools with No Volunteers: \$210.00 (\$200 + GST)

REMEMBER - YOU MUST BE A MEMBER SCHOOL OF ATHLETICS MANITOBA TO PARTICIPATE!

Event Information

Top two teams per school will be used in point tabulation.

1. 4x Shot Put – total distance of 1 throw each of 4 team members (2.73kg / 6 lb. Shot).
2. 4x Long Jump – total distance of 1 jump each of 4 team members.
3. 8x 40M Shuttle Relay – 8 team members run 40M each (back & forth shuttle style)
4. 4x100 Lap Relay –4 team members each run half a lap around the oval

Events will run from 10:00 AM to approximately 2:30 PM

Entries are due Friday, March 1st, 2019

Elementary Relays – [Team Entry Form](#)

Drop off Instructions – Please provide this information to your bus drivers!

To unload athletes and coaches safely and minimize the disruption of traffic flow on campus, the following process must be followed for athlete and coach drop offs when attending Track Attack Meets.

Buses will stage in Q lot and come into I lot 2 at a time near the garage door located at the north end of the Max Bell Field House. Athletes and coaches will then proceed into the open doors to the left of the garage door (there will be someone to direct you). Once inside coaches and athletes will proceed up the stairs and onto the mezzanine level of the track where they can access the stands.

Buses are asked to unload in a horseshoe at the back of I Lot and return out of I lot turning right onto Sidney Smith Street and then left onto Ralph Campbell Road where they will proceed past the parkade and merge onto Sifton Road, which can be followed back to University Crescent.

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SCHEDULE

NOTE: The schedule may need to be altered during the meet - please listen for announcements throughout the day.

There will be a separate category of events for each gender in grades 4, 5 and 6.

Athletes may only participate in one of each of the events (not on multiple teams in the same event) unless alternate arrangements have been made with Athletics Manitoba. Students may move up a grade class to field a team.

<u>10:00 a.m.</u>	4x100m Relay	Grade 6 Boys	<u>10:00 a.m.</u>	4xStanding LJ	Grade 4 Boys
	4x100m Relay	Grade 5 Boys		4xStanding LJ	Grade 4 Girls
	4x100m Relay	Grade 4 Boys		4xStanding LJ	Grade 5 Boys
	4x100m Relay	Grade 6 Girls		4xStanding LJ	Grade 5 Girls
	4x100m Relay	Grade 5 Girls		4xStanding LJ	Grade 6 Boys
	4x100m Relay	Grade 4 Girls		4xStanding LJ	Grade 6 Girls

<u>10:00 a.m.</u>	8 x 40m Shuttle	Grade 6 Girls
	8 x 40m Shuttle	Grade 5 Girls
	8 x 40m Shuttle	Grade 4 Girls
	8 x 40m Shuttle	Grade 6 Boys
	8 x 40m Shuttle	Grade 5 Boys
	8 x 40m Shuttle	Grade 4 Boys

Following the completion of the Shuttle Relay, the 4x Shot Put will begin in the following order:

Grade 6 Girls
Grade 5 Girls
Grade 6 Girls
Grade 6 Boys
Grade 5 Boys
Grade 4 Boys

(1st = 7 points, 2nd = 5 points, 3rd = 3 points, 4th = 2 points, 5th = 1 point)

All participation ribbons, award ribbons and team banners will be delivered to schools by the end of March.

Additional Elementary Relay Competitions

Bison Elementary Relays takes place Wednesday January 30th, registration information will be made available at www.athleticsmanitoba.com

The Boeing Classic Elementary Relays are put on by Winnipeg Optimist Athletics. The event takes place Thursday, February 28th. Registration information can be found at <http://www.boeingtrackandfield.com/registering>

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2018 Junior High School Track Attack Series

This grassroots track and field competition series is open to any school with grades 7, 8 and 9 students.

In the past some schools have been bringing athletes in Grade 6. We ask once again, that this practice be eliminated due to our extremely large participation numbers.

Registration Process

- 1) Complete and submit the [school membership registration form](#)
- 2) Once the office has received the registration form, we will distribute Invoices and instructions for submitting school competitive rosters.

Program Fees:

Schools with less than 15 athletes:	\$367.50	(350.00 + GST)
Schools with 15 or more athletes:	\$420	(400.00 + GST)
Individual meets:	\$105	(100 + GST, per meet)
Individual athletes:	\$26.25	(25.00 + GST, per meet)

***Individual athletes must be a full Athletics Manitoba Member (\$78.75), and their school cannot already be entered in the meet.**

Each school is responsible to provide volunteers to assist in running these meets. For every 10 athletes, the school must provide one volunteer. Schools will be contracted with their job allocation along with instructions and officiating rules prior to the meet. Volunteers must be available the entire time and should be at least 15 years of age.

Schools are asked to bring their own basic medical kits but please note we WILL have medical staff onsite.

Meet Information

Meet 1 – Tuesday, January 15th

Meet 2 – Thursday, January 31st

Meet 3 - Wednesday February 13th

Meet 4 – Wednesday, March 13th

Schools will receive 5 relay stickers per race/category

Athletes will receive 2 attempts in Shot Put, Long Jump and Triple Jump.

Triple Jump will be contested by Grade 8 and Grade 9 athletes only.

Ribbons will be awarded for the top five places.

Athletes may enter a maximum of 3 individual events and 1 relay.

Drop off Instructions – Please provide this information to your bus drivers!

To unload athletes and coaches safely and minimize the disruption of traffic flow on campus, the following process must be followed for athlete and coach drop offs when attending Track Attack Meets.

Buses will stage in Q lot and come into I lot 2 at a time near the garage door located at the north end of the Max Bell Field House. Athletes and coaches will then proceed into the open doors to the left of the garage door (there will be someone to direct you). Once inside coaches and athletes will proceed up the stairs and onto the mezzanine level of the track where they can access the stands.

Buses are asked to unload in a horseshoe at the back of I Lot and return out of I lot turning right onto Sidney Smith Street and then left onto Ralph Campbell Road where they will proceed past the parkade and merge onto Sifton Road, which can be followed back to University Crescent.

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145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5744 FAX: 204-925-5792 www.athleticsmanitoba.com

All four meets run at the James Daly Fieldhouse at the University of Manitoba from **10:30 AM to 3:30PM**

Due to the re-surfacing of the oval, the University of Manitoba Facilities Staff now require one-hour post competition to clean before exclusive training time may begin. All teams must be out of the James Daly Fieldhouse by 3:45 PM at the latest. We apologize for the inconvenience.

Technical Notes:

Shot Put: All girls will throw a 3kg shot put.
All boys will throw a 4kg shot put.

High Jump Starting Heights: Will be determined through email communication with the coaches.

Hurdles:

All Girls: Start to first hurdle 12m; 7.5m spacing between hurdles; 30" height
Grade 7 & 8 Boys: Start to first hurdle 12m; 8.0m spacing between hurdles; 30" height
Grade 9 Boys: Start to first hurdle 12m; 8.0m spacing between hurdles; 33" height

We must unfortunately remind everyone that student supervision is the responsibility of the schools. We acknowledge the difficulties involved with an event of this type but damages to University property will not be tolerated. Code of conduct warnings will be issued to schools if necessary and multiple incidents may result in a penalty fee or a removal from future events.

TENTATIVE SCHEDULES

Meet #1

INFILED	OVAL	HORIZONTAL JUMPS
10:30am 60m 1:00pm HJ Girls Shot Put Boys	10:30am 4x200m Relay co-ed 1:00pm 150m 2:30pm 1200m	10:30am LJ Girls TJ Boys
Meet #2		
INFILED	OVAL	HORIZONTAL JUMPS
10:30am 60m Hurdles 12:30pm HJ Boys Shot Put Girls	10:30am 4x100m Relay co-ed 1:00pm 300m 2:30pm 800m	10:30am LJ Boys TJ Girls
Meet #3		
INFILED	OVAL	HORIZONTAL JUMPS
10:30am 60m 1:00pm HJ Girls Shot Put Boys	10:30am 1200m 11:30am 4x200m Relay 3:00pm 150m (dependent on time)	10:30am LJ Girls TJ Boys
Meet #4		
INFILED	OVAL	HORIZONTAL JUMPS
10:30am 60m Hurdles 12:30pm HJ Boys Shot Put Girls	10:30am 800m 11:30am 4x100m Relay 3:00pm 300m (dependent on time)	10:30am LJ Boys TJ Girls



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145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5744 FAX: 204-925-5792 www.athleticsmanitoba.com

High School Championships Series

<u>Tentative Dates:</u>	Qualifying Meet #1	Thursday, January 10 th
	Qualifying Meet #2	Monday, January 21 st
	Qualifying Meet #3	Wednesday, February 6 th
	Qualifying Meet #4	Friday, February 15 th
	<i>Championship Meet</i>	Wednesday, March 13 th

Eligibility:

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

Cost:
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

\$525.00 for school registering 15 or more athletes for the series
\$400.00 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, must be paid separately to Athletics Manitoba. Please submit the 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).

\$225 + GST - for school program with 15 or more athletes	(TOTAL - \$236.25)
\$175 + GST - for school programs with less than 15 athletes	(TOTAL - \$183.75)

Member schools may also register athletes for any other Athletics Manitoba sanctioned event (Bison Grand Prix, Last Chance, George Tanner Classic, Boeing Classic etc). Registration fees for these events are separate.

Categories: (High School Eligibility Rules)

Junior Girls	Varsity Girls
Junior Boys	Varsity Boys

As per MHSAA rules 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 their events in the Varsity category

Technical Information:

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

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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 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.

The four qualifying meets run at the Jim Daly Fieldhouse at the University of Manitoba from 12:00 p.m. to 5:00 p.m. as follows:

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

* 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

Track Events

12:00pm	60 metres	Infield
	1500 metres	Oval
	400 metres	Oval
	4 x 200 metre relay	Oval

Field Events

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



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

* 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

Track Events

12:00pm	60 metres hurdles	Infield
	800 metres	Oval
	200 metres	Oval
	Medley Relay (800, 200, 200 400)	Oval

Field Events

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

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. 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 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:
 - 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



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Boeing Indoor Classic



The Boeing Indoor Classic was first staged in a hanger in Gimli in 1981. After two years of competition in Gimli, the meet was held in the Minto Armories (with a portable track) before moving into the present James Daly Fieldhouse (Max Bell). Winnipeg Optimists Athletics (WOA) has hosted this meet for the past 37 years with its corporate sponsor Boeing Canada Technology.

The Boeing Indoor Classic also serves as the Manitoba Indoor Provincial Age Class Championships and is a great opportunity for club and school athletes alike to compete against athletes from outside of the Province.

Junior High Track Attack and High School Series Schools will be offered:

- Their first entry at half price when entering more than one event and one free relay entry when entering more than one relay.
- The top 15 ranked athletes in all events will receive the first entry free when entered in more than one event.
- School entry fees will be capped when total entry fee reaches \$500
 - Please note: There will be limitations placed on the number of entries per school in the field events when applying this cap. To assure that field events run on schedule, schools will be limited to a maximum of two athletes per age category, per field event. Additional athletes may be entered but they would be charged at regular price.

Any questions regarding the Boeing Indoor Classic and the Manitoba Indoor Provincial Age Class Championships should be directed to Larry Switzer – Larry.Switzer@shaw.ca



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Simplot Games

Each year a small group of Manitoban athletes and a coach are selected to travel to the Simplot Games at Idaho State University.

To be considered for selection you must submit a letter of interest and your athlete/coaching resume to: execdirector@athleticsmanitoba.com – **Entry deadline is October 19th, 2018**

The letter should outline why you feel that you would be an ideal candidate for the program and how your athletic or coaching career would benefit from the opportunity. These applications will be forward to the Manitoban Simplot representatives who will make the final selections.



North America's Premier Indoor High School Track and Field Event

"It is our vision to turn over a world to our children and grandchildren that is better than we found it."

– Scott Simplot, Chairman of the Simplot Company Board of Directors and son of company founder, J.R. Simplot

The 40th annual Simplot Games will be held February 14-16, 2019 at Idaho State University's Holt Arena. The annual J.R. Simplot Company-sponsored event has become one of the nation's premier high school indoor track and field events since it was first held in 1979.

Although the 2,000 athletes from 20 different states, Canada, Mexico and Australia who travel to Pocatello come to shine under Holt Arena's bright lights, the Simplot Games weekend itself is about more than just standing atop a podium.

Past competitors have had the opportunity to mingle with Olympic legends like Dick Fosbury, our Simplot Games chairman, Andre Phillips, Stacy Dragila, and Willie Banks. The Games also offers recognition for everyone with the Parade of Athletes, a truly Olympic event.

The Simplot Games is unique because it is an open meet, which means athletes do not need a certain qualifying time or distance to be able to compete. Everyone is welcome at the Games and this allows high school athletes from all over the chance to compete and have fun. It truly makes Simplot Games an extraordinary experience for everyone.

The Games are more than a track meet. They have become a melting pot of young, aspiring individuals and dedicated business people and volunteers who grow, learn, and improve while coming together in the spirit of competition.



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Junior High Championships

2019 ATHLETICS MANITOBA PROVINCIAL JUNIOR HIGH CHAMPIONSHIP

Tuesday, June 4th

University of Manitoba Stadium

9:30 am - 4:30 pm

- Athletes must advance from their school/divisional meets. Athletes who place first, second or third are automatically invited, as well as anyone who meets or exceeds the outlined standards.
- The medley relay will be 800 - 200 - 200 - 400. Teams may qualify for the relay through their zone meets or otherwise may enter one team per school for the championships.
- Athletes will be allowed to advance in up to **three events and a relay for the Championship**.
- Medals for top 3 in each event will be awarded.
- **ENTRY FEES:**
 - Entry fees for Athletics Manitoba member schools will be \$6.00 an athlete, up to a maximum of \$150.00 per school.
 - Entry fees for non-Athletics Manitoba member schools will be \$6.00 an athlete with the maximum of \$150.00; however, they will also be assessed an additional \$50-day membership. If there are less than 5 athletes attending from a non-member school, these athletes must pay the \$10-day membership along with their \$6.00 entry fee.
 - There is no additional cost for relays.
- Any entries received after the May 28th deadline will be subject to late registration fees at a cost of \$10 per athlete up to a maximum of \$250.
- School entries must be received by Tuesday, May 28th, 2019
 - **IMPORTANT:** For the school divisions that have their divisional meets outside of the entry deadline (*LRS*, *Pembina Trails*, *Seine River*), arrangements **MUST** be made in advance with Noelle. Any late entries that are not made in advance will be assessed late fees.
- **Each school is responsible for providing volunteers to assist in running the meet.** For every 10 athletes, the school must provide one volunteer. Schools will be contacted with their job allocation along with instructions and officiating rules prior to the meet. Where possible we will still have Manitoba Track and Field Officials present with school volunteers assisting.
- Medical personnel will be on site.
- The Championships will be used as identification for provincial team opportunities including: MB Games, Midget Provincial Team.
- Athletics MB School Membership Registration form is available [HERE](#)
- Team Entry spreadsheet will be available online at [HERE](#)
 - Online Registration Link for individual entries – <https://www.trackie.com/online-registration/find-event/>
- There will be NO registrations accepted on site the day of the meet.

Program questions should be directed to Noelle Merkel at programs@athleticsmanitoba.com or 204-925-5743

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AUTOMATIC QUALIFICATION STANDARDS						
Event	Women			Men		
	Grade 7	Grade 8	Grade 9	Grade 7	Grade 8	Grade 9
100m	14.07	13.91	13.44	13.44	12.69	11.95
300m	47.25	46.14	45.09	44.71	41.95	39.03
800m	3:50.01	2:44.07	2:35.88	2:35.70	2:22.16	2:07.46
1200m	4:23.86	4:21.63	4:19.44	4:02.88	3:50.93	3:45.25
80mh/100mh	15.58	15.25	13.71	14.85	18.38	15.30
Long Jump	4.15	4.24	4.79	4.82	5.22	5.87
Triple Jump	N/A	6.30	7.50	N/A	10.46	11.25
High Jump	1.33	1.36	1.45	1.41	1.55	1.65
Shot put	8.05	8.56	9.14	10.07	10.93	13.01
Discus	18.82	21.93	25.93	24.86	30.56	32.25

**SCHEDULE OF EVENTS – Events may run ahead of schedule – listen for announcements!
Unless otherwise noted all track events are timed finals!!**

If an athlete is competing in both a track and field event at the same time; they must check in at the field event and then go compete in their track event. They must return to the field event as soon as possible following the track event and check back in with the official (if they do not return within a reasonable time they will not be allowed to continue in that event).

In the throwing events, due to time restraints and the volume of athletes competing, each athlete will complete three throws in succession and only the longest throw will be measured. In the long jump, both pits will be used, and each athlete will be allowed three jumps. A flight (10 athletes at a time) will complete their jumps and then the next flight will be called. Athletes will need to remain near the competition area so that they can hear when the next group of athletes is being called.

TRACK

9:30	Grade 9	Girls	80mh (12m;8.0m space 30")
	Grade 8	Girls	80mh (12m; 8.0m space 30")
	Grade 7	Girls	80mh (12m;7.5m space 30")
	Grade 7	Boys	80mh (12m;7.5m space 30")
	Grade 8	Boys	100mh (13m;8.5m space 33")
	Grade 9	Boys	100mh (13m;8.5m space 33")
10:30	Grade 9	Boys	100m Heats
	Grade 8	Boys	100m Heats
	Grade 7	Boys	100m Heats
	Grade 9	Girls	100m Heats
	Grade 8	Girls	100m Heats
	Grade 7	Girls	100m Heats
11:30	Grade 9	Boys	1200m
	Grade 8	Boys	1200m
	Grade 7	Boys	1200m
	Grade 9	Girls	1200m
	Grade 8	Girls	1200m
	Grade 7	Girls	1200m

FIELD

9:30	Grade 7	Boys	High Jump (start 1.20 North)
	Grade 8	Girls	Long Jump (North)
	Grade 8	Boys	Triple Jump (South)
	Grade 7	Girls	Shot Put (3kg)
	Grade 9	Boys	Discus
10:30	Grade 8	Boys	High Jump (start 1.25m South)
	Grade 9	Girls	Long Jump (South)
	Grade 9	Boys	Triple Jump (North)
	Grade 8	Girls	Shot Put (3kg)
	Grade 7	Boys	Discus
11:30	Grade 9	Boys	High Jump (start 1.30m North)
	Grade 7	Girls	Long Jump (North)
	Grade 9	Girls	Shot Put (3kg)
	Grade 8	Boys	Discus



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TRACK

12:35	Grade 9	Boys	100m Final
	Grade 8	Boys	100m Final
	Grade 7	Boys	100m Final
	Grade 9	Girls	100m Final
	Grade 8	Girls	100m Final
	Grade 7	Girls	100m Final
1:30	Grade 9	Boys	800m
	Grade 8	Boys	800m
	Grade 7	Boys	800m
	Grade 9	Girls	800m
	Grade 8	Girls	800m
	Grade 7	Girls	800m
2:30	Grade 9	Boys	300m
	Grade 8	Boys	300m
	Grade 7	Boys	300m
	Grade 9	Girls	300m
	Grade 8	Girls	300m
	Grade 7	Girls	300m
3:15	Grade 9	Boys	Medley
	Grade 8	Boys	Medley
	Grade 7	Boys	Medley
	Grade 9	Girls	Medley
	Grade 8	Girls	Medley
	Grade 7	Girls	Medley

FIELD

12:35	Grade 7	Girls	High Jump (start 1.15m South)	
	Grade 8	Boys	Long Jump (South)	
	Grade 8	Girls	Triple Jump (North)	
	Grade 7	Boys	Shot Put (3kg)	
	Grade 9	Girls	Discus	
	1:30	Grade 8	Girls	High Jump (start 1.20m North)
Grade 9		Boys	Long Jump (North)	
Grade 9		Girls	Triple Jump (South)	
Grade 8		Boys	Shot Put (4kg)	
Grade 7		Girls	Discus	
2:30		Grade 9	Girls	High Jump (1.25m South)
	Grade 7	Boys	Long Jump (South)	
	Grade 9	Boys	Shot Put (4kg)	
	Grade 8	Girls	Discus	
	2:30	Grade 9	Girls	High Jump (1.25m South)
		Grade 7	Boys	Long Jump (South)
Grade 9		Boys	Shot Put (4kg)	
Grade 8		Girls	Discus	



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Age Class Provincial Championships

The Athletics Manitoba Age Class Provincial Championships will take place Friday June 21st and Saturday June 22nd, 2019. This two-day event is open to all athletes in all age categories, with medals being awarded for the top 3 finishers in each event who reside in Manitoba.

All participants must be full Athletics Manitoba members (\$75 individual membership fee) or School members. All other participants will be required to pay an additional \$10 day membership for each day of competition.

Please note that this is the last competition that Schools may send athletes to under their School Membership. Athletes looking to make provincial teams or who simply plan to compete at additional meets throughout the summer require a full \$75 athlete membership.

Midget/Youth Provincial Team

The Midget & Youth Provincial Team program is a competitive opportunity organized annually by Athletics Manitoba. The program is targeted towards athletes that fall into the Midget (14 or 15 years of age) and Youth age categories (16 or 17 years of age). Each year the Midget & Youth Team attends the Tri Province/Western Canada Challenge meet.

Standards used for potential provincial team selection are outlined below. Please note that achieving the standard or being named to the Prep Squad allows the athlete to enter the selection pool; it does not guarantee selection. Standards in the events must be met or exceeded in an Outdoor sanctioned competition between the dates of April 1st 2019 and June 22nd, 2019.

General Information

- This year's event will be held in Swift Current, Saskatchewan. Dates will be distributed once they have been finalized.
- Team Size: 40 athlete Midget Team & 40 athlete Youth team.
- Team fee: TBD- will include transportation, accommodations, competition uniform and some meals.

Athlete Eligibility

- Must be a registered member in good standing with Athletics Manitoba.
- Tri-Province Meets are open to Canadian citizens and permanent residents (a permanent resident is someone who has been granted permanent residency 90 days prior to the start of the meet. Permanent residents must have a Record of Landing (IMM 100), a confirmation of Permanent Residency (IMM 5292), a Permanent Resident Card, or any other document deemed eligible by Immigration Canada as proof of their status.

Selection Process

- Midget/Youth Provincial Trials will be held in conjunction with the Athletics Manitoba Age Class Provincial Championships on June 21-22nd, 2019.
- All athletes interested in being considered for the team must submit a declaration of interest form by **before June 21st**. These forms will be made available online at www.athleticsmanitoba.com
- As noted above the qualifying period for achieving standards will begin April 1st and includes all performances achieved at Trials.
- Final Team Selection will occur after the completion of the event with all members being contacted shortly concluding the meet.
- The process to finalize team selections will occur in the order listed in the selection criteria. Once the team size is reached, the selection process will end.



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2019 Tri-Province Standards

Midget Women (2004-2005)			
Event	A	B	C
100m	12.74	12.90	13.12
200m	26.67	27.03	27.51
300m	40.87	42.34	43.01
800m	2:19.05	2:20.54	2:23.22
1200m	3:34.18	3:47.00	3:56.02
2000m	6:45.50	7:03.60	7:26.70
80m H-30'	12.65	13.24	13.89
200m H-30'	28.58	30.86	31.75
High Jump	1.52	1.49	1.42
Pole Vault	2.34	2.26	n/a
Long Jump	5.12	4.90	4.81
Triple Jump	10.66	10.34	10.15
Shot Put-3Kg	10.79	10.03	9.37
Discus-1Kg	29.39	25.88	22.77
Javelin-500g	32.57	27.62	24.22
Hammer-3Kg	37.05	33.61	27.47

Youth Women (2003-2002)			
Event	A	B	C
100m	12.60	12.77	12.92
200m	25.99	26.45	26.93
400m	58.64	1:00.19	1:01.24
800m	2:18.58	2:23.31	2:29.43
1500m	4:44.11	4:56.73	5:02.97
3000m	10:34.33	11:19.39	11:25.25
100m H-30'	15.34	16.00	16.82
400m H-30'	1:05.96	1:10.13	1:12.54
High Jump	1.55	1.48	1.45
Pole Vault	3.00	2.70	n/a
Long Jump	5.20	4.98	4.83
Triple Jump	10.88	10.61	10.30
Shot Put-3Kg	11.63	10.39	10.08
Discus-1Kg	33.17	30.21	28.42
Javelin-500g	35.27	34.67	31.89
Hammer-3Kg	41.47	38.37	29.96

Midget Men (2004-2005)			
Event	A	B	C
100m	11.54	11.68	11.93
200m	23.97	24.24	24.64
300m	37.32	37.90	38.94
800m	2:03.56	2:08.49	2:10.54
1200m	3:23.29	3:27.18	3:32.47
2000m	6:05.23	6:21.53	6:36.29
100m H-33'	14.85	15.06	16.58
200m H-30'	27.15	28.10	30.22
High Jump	1.77	1.69	1.60
Pole Vault	3.00	2.70	n/a
Long Jump	5.79	5.61	5.41
Triple Jump	11.59	11.31	10.68
Shot Put-4Kg	12.93	11.86	11.01
Discus-1Kg	39.97	34.56	33.15
Javelin-600g	38.98	34.90	32.38
Hammer-4Kg	32.88	27.30	25.73

Youth Men (2003-2002)			
Event	A	B	C
100m	11.21	11.42	11.56
200m	22.70	22.80	23.54
400m	50.24	50.96	52.06
800m	1:57.90	1:58.86	2:00.83
1500m	4:04.00	4:09.84	4:14.83
3000m	9:07.70	9:20.19	9:26.17
100m H-36'	15.20	16.07	16.64
400m H-33'	58.35	59.70	1:03.67
High Jump	1.87	1.73	1.60
Pole Vault	3.90	3.60	n/a
Long Jump	6.46	6.13	5.87
Triple Jump	13.12	12.29	11.99
Shot Put-5Kg	13.13	11.63	11.30
Discus-1.5Kg	39.31	36.56	33.14
Javelin-700g	45.84	41.74	32.38
Hammer-5Kg	42.54	31.32	28.63



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Midget/Youth Provincial Team Selection Criteria

- 1) First place at the selection trials, having achieved the A standard
- 2) Second place at the selection trails, having achieved the A standard
- 3) Appeals from an athlete who has achieved the A standard
- 4) First place at the selection trials, having achieved the B standard
- 5) Second place at the selection trails, having achieved the B standard
- 6) Appeals from an athlete who achieved the B standard
- 7) First place at the selection trials, having C standard
- 8) Second place at the selection trails, having C standard
- 9) Appeals from an athlete who achieved the C standard
- 10) Athlete has an ability to contribute to a relay
- 11) Athlete has achieved A or B standard, but placed outside of the Top 2
- 12) First place at the selection trails, with no standard
- 13) The Team manager and Event Coaches will have the authority to add an athlete into an even if there are no eligible athlete in that event after the selection date

Legion National Championships

Athletes who attend the Peace Gardens Track and Field camp have the opportunity to be selected to the Legion National Championship Dominion Command Team.

For over fifty years The Royal Canadian Legion has supported Canada's youth through training and competition in track and field. The Legion Nationals are Canada's premier and only nationwide competition for the youth and midget category and are truly national in scale as the Legion supports provincial teams from all provinces and territories in Canada. This support is provided exclusively through funding provided by the members of the Legion.

From the Basic and Advanced Legion Athletic Track Camp a total of 36 athletes will be selected to attend the 2019 Legion Youth National Championships held August 9-11, 2019 in Sydney, Nova Scotia. This is an all-expenses paid trip.

THE CHAMPIONSHIPS ARE OPEN TO BOTH BOYS AND GIRLS IN THE FOLLOWING AGE CATEGORIES:

- a) 15 years and under, as of 31 December in the year of the championships; and
- b) 17 years and under, as of 31 December in the year of the championships.

For more information, please visit the [Legion Website](#)



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2019 Western Canada Summer Games



The Western Canada Summer Games (WCSG) are a multi-sport event designed to provide development opportunities for amateur athletes and to help them advance their skills in a competitive, but friendly environment. The games also serve to broaden the exposure of talented athletes and provide a training ground for national and international level competitions.

Social and cultural elements round out the sporting events for athletes, coaches, volunteers and spectators. The 3 western provinces (Alberta, Saskatchewan, and Manitoba) and the three northern territories (Yukon, Northwest Territories, and Nunavut) send teams to these games which are held every four years.

The 2019 Western Canada Summer Games will be held in Swift Current, Saskatchewan between August 8-13th. The Athletics portion of the games will span from August 13-18th.

Age Classifications:

To be eligible for selection, athletes must be under 20 years of age as of December 31, 2018 (i.e. born in 1999 or later); Wheelchair athletes are eligible if they are 30 years of age or under as of December 31, 2018 (i.e. born in 1988 or later); Special O athletes must be under 28 as of December 31, 2018 (i.e. born in 1991 or later).

Team Selection:

The WCSG team will consist of a maximum team size of 62 athletes. Up to 4 competitors (2 males/2 females) for wheelchair events, 4 competitors (2 male/2 female) for Special O events, and 54 competitors (27 male/27 female).

The 2019 Western Canada Summer Games (WCSG) Trials will be held in the Summer of 2019. (End of June/early July, however the exact date is still TBD). All athletes interested in being considered for the team will be required to submit a declaration of interest.

Final Team Selection will occur after the completion of the Trials with all members being contacted within the week following the selection meet. Team Selection Criteria and Standards can be found [HERE](#)

Coaching Staff:

Head Coach: Alanna Boudreau

Team Manager: Noelle Merkel

Mission Staff: Bryce Koscielny

Event Group Coaches: Ming Pu Wu
Rory McIntyre
Liam Francis
Justin Charrier

Additional Coaches and Support Staff: TBD

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2019-2021 Provincial Team Coach Mentorship Program

Athletics Manitoba is seeking two coaches interested in taking part in a new Coach Mentorship program associated with the 2019 Western Canada Summer Games and the 2021 Canada Summer Games. This is a new initiative that is designed to provide a professional development opportunity for coaches that have not previously been a part of our Canada Summer Games coaching staff. There are two positions available: one male and one female.

Both coaches would be involved with all team preparations leading up to the WCSG and the 2021 Canada Summer Games. The successful candidates MAY have the opportunity to travel to the WCSG and/or CSG.

The goal of this initiative is to engage new developing coaches in all team activities. Introducing them to the planning process, the team environment and providing them with some event group specific technical content. Coaches will be expected to complete a variety of formal and informal coaching assignments throughout their time with the team, in addition to completing NCCP training. These assignments and the NCCP training will vary based on the current certification status of the coaches in question.

Participation in this mentorship program is meant to prepare coaches for future Games Team participation, however it does not guarantee them a spot on future coaching staffs.

Jobs/Duties:

- Attend team meetings and prep squad activities
- Attend the team selection meetings
- Continuous and ongoing communication with WCSG coaches, attending occasional event group practices
- Work with the coaching staff and lead mentor to establish individual professional development outcomes and complete related professional development tasks as assigned
- Complete the agreed upon NCCP outcomes prior to the completion of the mentorship
- Travel opportunity to the 2019 Tri Province event in Saskatchewan as well as the 2021 Tri Province event (location TBD). Duties will primarily involve coaching and organizing the Midget/Youth teams, however coaches will also have the opportunity to be involved with the Senior teams at these events.
- There is a possibility that the successful candidates may have the opportunity to travel to the WCSG and/or CSG. Therefore, coaches must be available for both events.

Qualifications:

- A strong knowledge of Athletics is crucial
- Must be a current coach and fully paid member of Athletics Manitoba
- Previous experience with a Provincial Team and/or creating a successful school track and field program is required
- Currently pursuing NCCP training in Sport Coach, Club Coach, or Performance Coach; whether in training or evaluation
- The successful candidate will be required to complete a criminal record check and vulnerable sector screen

Letters of application must outline the following items;

- Why you would like to be considered for this position (current qualifications and how you would benefit from the experience)
- Coaching Philosophy
- Future coaching goals/aspirations

Applications must be sent to Noelle Merkel via email at programs@athleticsmanitoba.com. Deadline is Sunday Sept 30th.



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Semi-Annual Planning Meetings

To increase and improve the dialogue between the office and our membership, we will be hosting 2 dinner meetings over the course of the year, one in the fall and one in the spring. These meetings will serve as an opportunity to review competition calendars; coach education plans as well as any other topics brought forward by those in attendance. These meetings will be attended (at a minimum) by one member of the office staff and one member of the board of directors. Dinner will NOT be provided, but all meetings will be held in a restaurant setting to allow for informal, casual conversation of topics. The goal is casual and honest discussion where a variety of opinions may be voiced and used to help further our programs. General minutes of the meetings will be taken and distributed.

An online RSVP system will be set up so that so that an appropriate dinner reservation can be made.

The fall meeting will be held Wednesday Oct 10th, 2018.

Individuals who are unable to attend but would like to suggest topics for discussion are welcome to submit them in advance to Noelle Merkel programs@athleticsmanitoba.com

Student Volunteer and Leadership Program Opportunities

Athletics Manitoba would love to work with your school to develop a long-term leadership/volunteer program. In general, our sport requires a huge number of volunteers and we are looking for new ways to get people engaged in our community. We can offer training, works hours as well as supervised mentorship opportunities, now is a great time to start a project that could offer development stages and a final project!

Please contact Noelle Merkel at 925-5743 or programs@athleticsmanitoba.com if this sounds like something your school might be interested in!

Regional Coach Clinics

If you are interested in hosting a coaching clinic in your area or want to create a new professional development opportunity that doesn't quite fit into our other existing programs, please let us know! We are always interested in getting out of the office to support as many programs as possible but due to budget constraints can only fulfill a certain number of requests each season.

Please contact Noelle Merkel at 925-5743 or programs@athleticsmanitoba.com if you have a proposal you would like us to consider.

