



## **TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY**

145 Pacific Ave. Winnipeg, MB. R3B 2Z6 • Tel: 204-925-5744 • Fax: 204-925-5792  
www.athleticsmanitoba.com

### **2019 South Region Track and Field Day Thursday, May 23, 2019**

Carman Collegiate  
121 - 4th Ave SE  
Carman, Manitoba

#### **MEET INFORMATION**

- All events will be run as timed finals.
- Top five finishers in each event will receive ribbons.
- Track events take priority over field – if an athlete is involved in both a track and field event at the same time, they must register with the field event, run their track event, and immediately return to their field event.
- All athletes must be ready to marshal 15 minutes prior to their events.
- Events can run ahead of schedule, so please be sure to listen to ongoing announcements and arrive with sufficient time for warm ups.
- All schools must pre-register for this event on the required Excel registration form which is available online ([www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)) or by contacting Leanne Traynor ([Leanne.traynor@sportmanitoba.ca](mailto:Leanne.traynor@sportmanitoba.ca)).
- **Cost is \$5 per athlete and payable at the meet (cheques payable to Athletics Manitoba).**
- **Entries must be submitted no later than [Thursday, May 16<sup>th</sup>](#) at 4pm.**
- All competitive stickers will be available for pick up upon arrival at the meet. They will be organized by school or team name. Please make arrangements to have a coach or parent pick up the package. Each individual athlete will receive 4 stickers.



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## 2019 South Region Track and Field Day Thursday, May 23, 2018

### TENTATIVE SCHEDULE

#### Track Events

|          |       |                   |
|----------|-------|-------------------|
| 9:30 am  | 60m   | Grade 3 & 4 Girls |
| 9:45 am  | 60m   | Grade 3 & 4 Boys  |
| 10:00 am | 100m  | Grade 5 & 6 Girls |
| 10:15 am | 100m  | Grade 7 & 8 Girls |
| 10:30 am | 100m  | Grade 5 & 6 Boys  |
| 10:45 am | 100m  | Grade 7 & 8 Boys  |
| 11:00 am | 1200m | Grade 7 & 8 Girls |
| 11:15 am | 1200m | Grade 7 & 8 Boys  |
| 11:35 am | 300m  | Grade 5 & 6 Girls |
| 11:50 pm | 300m  | Grade 3 & 4 Girls |
| 12:00 pm | 300m  | Grade 5 & 6 Boys  |
| 12:15 pm | 300m  | Grade 3 & 4 Boys  |

#### Lunch Break

|         |              |                   |
|---------|--------------|-------------------|
| 1:00 pm | 600m         | Grade 5 & 6 Girls |
| 1:15 pm | 600m         | Grade 7 & 8 Girls |
| 1:30 pm | 600m         | Grade 5 & 6 Boys  |
| 1:45 pm | 600m         | Grade 7 & 8 Boys  |
| 2:00 pm | 150m         | Grade 3 & 4 Girls |
| 2:15 pm | 150m         | Grade 5 & 6 Girls |
| 2:30 pm | 150m         | Grade 7 & 8 Girls |
| 2:45 pm | 150m         | Grade 3 & 4 Boys  |
| 3:00 pm | 150m         | Grade 5 & 6 Boys  |
| 3:15 pm | 150m         | Grade 7 & 8 Boys  |
| 3:30 pm | 4x100m relay | Grade 3 & 4 Girls |
| 3:40 pm | 4x100m relay | Grade 5 & 6 Girls |
| 3:50 pm | 4x100m relay | Grade 7 & 8 Girls |
| 3:55 pm | 4x100m relay | Grade 3 & 4 Boys  |
| 4:00 pm | 4x100m relay | Grade 5 & 6 Boys  |
| 4:10 pm | 4x100m relay | Grade 7 & 8 Boys  |

#### Field Events

|          |                    |                   |
|----------|--------------------|-------------------|
| 9:30 am  | Standing Long Jump | Grade 7 & 8 Girls |
| 9:30 am  | Ball Throw         | Grade 7 & 8 Boys  |
| 10:40 am | Standing Long Jump | Grade 3 & 4 Girls |
| 10:40 am | Ball Throw         | Grade 3 & 4 Boys  |
| 11:50 am | Standing Long Jump | Grade 5 & 6 Girls |
| 11:50 am | Ball Throw         | Grade 5 & 6 Boys  |

#### Lunch Break

|         |                    |                   |
|---------|--------------------|-------------------|
| 1:00 pm | Standing Long Jump | Grade 7 & 8 Boys  |
| 1:00 pm | Ball Throw         | Grade 7 & 8 Girls |
| 2:10 pm | Standing Long Jump | Grade 5 & 6 Boys  |
| 2:10 pm | Ball Throw         | Grade 5 & 6 Girls |
| 3:20 pm | Standing Long Jump | Grade 3 & 4 Boys  |
| 3:20 pm | Ball Throw         | Grade 3 & 4 Girls |

**All athletes will have 3 jumps in Standing Long Jump and 3 throws in Ball throw.**