



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

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