



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5743 FAX: 204-925-5792 www.athleticsmanitoba.com

Athletics Manitoba Annual Information Package

2019-2020



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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 |
| Shirley Allan-Boudreau | Membership Manager | admin@athleticsmanitoba.com | 204-925-5745 |

Individual Membership Fees

| | | |
|--------------------------------|---------|--------------|
| U12/U14 Athlete Membership | \$75.60 | (72.00 +GST) |
| U16-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 6th, 2019.

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 <u>Only:</u> | \$126.00 | (120.00 +GST) |
| Elementary School Day Membership (One meet only): | \$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 Saturday, October 19th and ends Saturday, April 18th, 2020. Outdoor training hours begin April 20th, 2020.

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>Flying M Athletics</i> | <i>Gillian Seymour</i> | <i>204.489.7361</i> | <i>flyingmathleticclub@hotmail.com</i> |
| <i>Last Mile Track Club (Carman)</i> | <i>Laurel Jorundson</i> | <i>204-436-2736</i> | <i>lastmileathletics@gmail.com</i> |
| <i>Prairie Storm Athletics (Neepawa)</i> | <i>Bryce Koscielny</i> | | <i>coachkoscielny@gmail.com</i> |
| <i>Run the World</i> | <i>Meghan Rafferty</i> | | <i>hello@corecoachingsc.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 on November 15th, 2019 at the Park Theater.

Nominees will be notified in late October/Early November.

Tickets for nominees are \$15.00 and general admission tickets are \$30.00. These tickets are available to purchase online at TrackieReg.

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Tentative 2019-2020 XC/Indoor Schedule

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

September

| | | |
|---------------------------|----------------------------------|-------------------|
| Thursday, September 12th | Bison Time Trial | Churchil Drive |
| Saturday, September 21th | St. Olaf invitational | Northfield, MN |
| Wednesday, September 25th | Milk Cross Country Championships | Kilcona Park |
| Saturday, September 28th | U of Saskatchewan Open | Saskatoon, SK |

October

| | | |
|------------------------|--|--------------------|
| Saturday, October 19th | UND Ron Pynn Invitational | Grand Forks, ND |
| Saturday, October 26th | Canada West XC Championships | Calgary, AB |
| Sunday, October 27th | Chris McCubbins Provincial Championships | Kilcona Park |

November

| | | |
|-------------------------|--------------------------------------|---------------------|
| Saturday, November 9th | U Sports Cross Country Championships | Kingston, ON |
| Friday, November 15th | Athletics Manitoba Awards Banquet | The Park Theater |
| Friday, November 22nd | Brown and Gold Meet | U of M |
| Saturday, November 30th | Canadian Cross Country Championship | Abbotsford, BC |

December

| | | |
|-----------------------------------|-------------------------------------|--------|
| Saturday, December 7th | George Tanner Classic | U of M |
| Friday-Saturday, December 13-14th | Athletics Manitoba Last Chance Meet | U of M |

January

| | | |
|----------------------------------|-------------------------|--------|
| Wednesday, January 8th | Bison Grand Prix #1 | U of M |
| Thursday, January 9th | High School Series #1 | U of M |
| Tuesday, January 14th | Track Attack #1 | U of M |
| Friday-Saturday, January 17-18th | WOA Winter Open | U of M |
| Monday, January 20th | High School Series #2 | U of M |
| Tuesday, January 28th | Track Attack #2 | U of M |
| Wednesday, January 29th | Bison Elementary Relays | U of M |
| Friday-Saturday, Jan 31-Feb 1st | Bison Classic | U of M |

February

| | | |
|---------------------------------|----------------------------------|---------------|
| Wednesday, February 5th | High School Series #3 | U of M |
| Wednesday, February 12th | Track Attack #3 | U of M |
| Wednesday, February 12th | Bison GP #2 | U of M |
| Friday, February 14th | High School Series #4 | U of M |
| Friday-Saturday, February 21-22 | Can West Championships | Saskatoon, SK |
| Thursday, February 27th | Boeing Classic Elementary Relays | U of M |
| Friday-Saturday, February 28-29 | Boeing Classic | U of M |



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March

| | | |
|--------------------------------|---------------------------------------|--------------|
| Thursday-Saturday, March 5-7th | U-Sport Track and Field Championships | Edmonton, AB |
| Tuesday, March 10th | High School Series Championships | U of M |
| Tuesday, March 17th | Track Attack #4 | U of M |
| Wednesday, March 18th | Athletics Manitoba Elementary Relays | U of M |

Tentative Outdoor 2019-2020 Schedule

April

| | | |
|----------------------------------|---------------------------|-------------|
| Friday-Saturday, April 24th-25th | MB Games Coaching Seminar | Dauphin, MB |
|----------------------------------|---------------------------|-------------|

May

| | | |
|------------------------------|----------------|--------|
| TBD | AM Spring Open | U of M |
| Friday-Saturday, May 22-23rd | SATT Open | U of M |

June

| | | |
|---------------------------------|--------------------------------|--------------|
| Thursday-Saturday, June 4-6 | MHSAA | Brandon, MB |
| Tuesday, June 9th | Junior High Provincials | U of M |
| TBD | GO Classic/Tri-Province Trials | U of M |
| Thursday-Saturday, June 25-28th | Junior/Senior Nationals | Montreal, QC |

July

| | | |
|---------------------------------|---|---------|
| Friday-Sunday, July 10-12 | Tri-Province | TBD, MB |
| July 12-18th | Legion Camp AND North American Indigenous Games (Same Week) | |
| Friday-Saturday, July 24th-25th | Age Class Provincial Championships | U of M |

August

| | | |
|------------------------------|-----------------------|-------------|
| Wednesday-Sunday, Aug. 5-9th | Legion Nationals | Sydney, NS |
| August 12-15th | Manitoba Summer Games | Dauphin, MB |



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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 | U16/U18 Provincial Team - Tri Province |
| | | U16/U18 Provincial Team - Tri Province | Legion Nationals |
| | | Legion Nationals | |
| 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 |
| | | 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 2019/20 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 2nd, 2019

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 2020

Athletics Manitoba is pleased to once again offer an outreach program to schools to assist with training and competition for the 2020 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, U16 athletes (age 14-15) are eligible for selection to the U16 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 June 12th, 2020
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

Athletes 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: Matt Blewett (Temp.)

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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2019 MILK Cross Country Challenge

Cross Country Challenge TENTATIVE SCHEDULE

Wednesday, September 25th, 2019

PROVINCIAL SCHOOL TEAM CHAMPIONSHIP

Kilcona Park/Harbourview Golf Club

Sanctioned by:



| | | |
|----------|-----------------------|-----|
| 10:00 am | Grade 4 Girls | 2km |
| 10:30 am | Grade 4 Boys | 2km |
| 10:50 am | Grade 5 Girls | 2km |
| 11:10 am | Grade 5 Boys | 2km |
| 11:30 am | Grade 6 Girls | 2km |
| 11:50 am | Grade 6 Boys | 2km |
| 12:10 pm | Grade 7 Girls | 2km |
| 12:30 pm | Grade 7 Boys | 2km |
| 12:50 pm | Grade 8 Girls | 2km |
| 1:10 pm | Grade 8 Boys | 2km |
| 1:40 pm | Grade 9/10 Girls (JV) | 3km |
| 1:55 pm | Grade 9/10 Boys (JV) | 4km |
| 2:10 pm | Varsity Girls | 4km |
| 2:25 pm | Varsity Boys | 5km |

Sponsored by:



***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 even. Roles will be assigned and distributed via e-mail.

ENTRY INFORMATION: 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 \$15.75 per team (per age group) to a maximum of \$157.50 per school. Individual entries \$10.50 per person. Fees include GST; cheques payable to Athletics Manitoba.

ENTRY DEADLINE: All entries must be completed either online through Trackie - www.trackiereg.com/2019-MilkXC or with an entry form template: (Download [HERE](#)). Please send template to programs@athleticsmanitoba.com) **no later than Tuesday, September 17th, 2019.**

LATE ENTRIES: Any entries received after the September 17th deadline will be \$25 per team & \$10 for individuals; up to a maximum of \$257.50 per school.

- **IMPORTANT:** For the school divisions that have their divisional meets outside of the entry deadline (*Seine River*), arrangements **MUST** be made in advance with Noelle. **There will be NO onsite registration.**

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.

Under absolutely no circumstances will teams be allowed on the Harborview Golf Course facilities. It is imperative that this be followed. There will be porta-potties onsite

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Chris McCubbins Age Class XC Championships

LOCATION: Kilcona Park / Harbourview Golf Club
HOSTED BY: TBD
DATE: Sunday, October 27th, 2019

Tentative Schedule

Races can run up to 15 min. Ahead

| | | |
|----------|--|------|
| 10:00 am | U12 Girls (2008 and later) | 2km |
| 10:20 am | U12 Boys (2008 and later) | 2km |
| 10:40 am | U14 Girls (2006-2007) | 2km |
| 11:00 am | U14 Boys (2006-2007) | 2km |
| 11:20 am | U16 Girls (2004-2005) | 3km |
| 11:40 am | U16 Boys (2004-2005) | 3km |
| 12:10 pm | U18 Girls (2002-2003) | 3km |
| 12:30 pm | U18 Boys (2002-2003) | 5km |
| 12:50 pm | U20 Women (2000-2001) | 5km |
| | Masters Women (35 years of age & older on day) | 5km |
| 1: 20 pm | U20 Men (2000-2001) | 8km |
| | Masters Men (35 years of age & older on day) | 8km |
| | Senior Women (1999 and earlier) | 8km |
| 2:00pm | Senior Men (1999 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 21nd, 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

Wednesday, March 18th, 2020

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 Tuesday, March 10th, 2020

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 4 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 29th, 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 27th. Registration information can be found at <http://www.boeingtrackandfield.com/registering>



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5743 FAX: 204-925-5792 www.athleticsmanitoba.com

2020 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 14th

Meet 2 – Tuesday, January 28th

Meet 3 - Wednesday February 12th

Meet 4 – Tuesday, March 17th

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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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: 204-925-5743 FAX: 204-925-5792 www.athleticsmanitoba.com

High School Championships Series

| | | |
|-------------------------|--------------------------|-------------------------------------|
| <u>Tentative Dates:</u> | Qualifying Meet #1 | Thursday, January 9 th |
| | Qualifying Meet #2 | Monday, January 20 th |
| | Qualifying Meet #3 | Wednesday, February 5 th |
| | Qualifying Meet #4 | Friday, February 14 th |
| | <i>Championship Meet</i> | Tuesday, March 10 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

Registration in the High School Series includes the school membership fee! Member schools may also register athletes for any other Athletics Manitoba sanctioned event (Grand Prix’s, Flying M, Boeing Classic etc). Registration fees for these events are separate. 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, is an additional cheque that must be paid separately to Athletics Manitoba. Please submit the Athletics Manitoba Schools 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).

For schools that are ONLY participating in the High School Series, (and not also in Track Attack for example) you must include your Equipment Levy fee, with your Athletics Manitoba Membership.

| | |
|--|---------------------------|
| \$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) |

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:

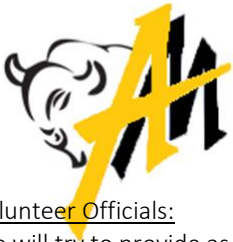
1. Participating athletes must be under the age of 17 as of midnight of the current school year, August 31.
2. Students are eligible to participate in junior varsity for two years. In determining the two-year clause, member schools must count grade 9 as the first year. The athlete’s eligibility begins 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 3, 2020

Tentative Schedule (SUBJECT TO CHANGE)

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:

Events:

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 | 60m Hurdles (JV F/M) | Infield |
| | 60 metres (V F/M) | 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 | 60m Hurdles (V F/M) | Infield |
| | 60 metres (JV F/M) | 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 9th. 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.



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- 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
- c.

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 39 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, 2019.**

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 13-15, 2020 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

2020 ATHLETICS MANITOBA PROVINCIAL JUNIOR HIGH CHAMPIONSHIP

Tuesday, June 9th

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 400 - 200 - 200 - 800. 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 \$6.30 an athlete, up to a maximum of \$157.50 per school. *Fees include GST.*
 - Entry fees for non-Athletics Manitoba member schools will be the same; however, they will also be issued an additional \$50 day-membership. If there are less than 5 athletes attending from a non-member school, these athletes must pay a \$10.50-day membership on top of their \$6.30 entry fee (\$16.80).
 - There is no additional cost for relays.
- School entries must be received by Tuesday, June 2nd, 2020
- **Any entries received after the June 2nd, 2020 deadline will be \$10.50 per athlete up to a maximum of \$262.50.**
 - **IMPORTANT:** For the school divisions that have their divisional meets outside of the entry deadline, 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, U16 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 |
| 80m | 13.74 | N/A | N/A | 13.38 | N/A | N/A |
| 100m | N/A | 13.96 | 13.69 | N/A | 12.91 | 12.29 |
| 300m | 48.79 | 46.83 | 45.09 | 45.48 | 42.05 | 39.03 |
| 800m | 3:50.81 | 2:43.68 | 2:30.89 | 2:35.58 | 2:22.75 | 2:09.50 |
| 1200m | 4:27.99 | 4:23.21 | 4:19.44 | 3:59.87 | 3:56.17 | 3:45.25 |
| 80mh/100mh | 15.99 | 14.90 | 14.01 | 15.49 | 18.82 | 15.82 |
| Long Jump | 4.01 | 4.29 | 4.69 | 4.60 | 5.07 | 5.70 |
| Triple Jump | N/A | 7.55 | 8.39 | N/A | 10.18 | 11.25 |
| High Jump | 1.30 | 1.36 | 1.47 | 1.41 | 1.53 | 1.69 |
| Shot put | 8.05 | 8.17 | 8.84 | 10.05 | 10.26 | 12.62 |
| Discus | 18.06 | 21.02 | 24.06 | 24.28 | 28.95 | 32.09 |

** Standards are based off the 8th place finish in each event, averaged over the past two years of competition.

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

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Grade 7 Boys 1200m
 Grade 9 Girls 1200m
 Grade 8 Girls 1200m
 Grade 7 Girls 1200m

Grade 9 Girls Shot Put (3kg)
 Grade 8 Boys Discus

TRACK

FIELD

12:35 Grade 7 Boys 80m Final
 Grade 7 Girls 80m Final
 Grade 8 Girls 100m Final
 Grade 9 Girls 100m Final
 Grade 8 Boys 100m Final
 Grade 9 Boys 100m Final

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 9 Boys 800m
 Grade 8 Boys 800m
 Grade 7 Boys 800m
 Grade 9 Girls 800m
 Grade 8 Girls 800m
 Grade 7 Girls 800m

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 Boys 300m
 Grade 8 Boys 300m
 Grade 7 Boys 300m
 Grade 9 Girls 300m
 Grade 8 Girls 300m
 Grade 7 Girls 300m

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

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



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Age Class Provincial Championships

The Athletics Manitoba Age Class Provincial Championships will take place Friday July 24th and Saturday June 25th, 2020. 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 or School members. All other participants will be required to pay an additional \$10.50-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 AM Athlete Membership.

U16/U18 Provincial Team

The U16/U18 Provincial Team program is a competitive opportunity organized annually by Athletics Manitoba. The program is targeted towards athletes that fall into the U16 (14 or 15 years of age) and U18 age categories (16 or 17 years of age). Each year the U16/U18 Team attends the Tri Province 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 2020 and the start of trials (exact dates are TBD).

General Information

- This year's event will be held in Manitoba (exact location TBD). Dates will be distributed once they have been finalized.
- Team Size: 40-athlete U16 Team & 40-athlete U18 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

- U16/U18 Provincial Trials will be held in June (Meet/Date TBD).
- All athletes interested in being considered for the team must submit a declaration of interest form by **before June 15th**. This declaration will be made available in early May on [TrackieReg](#).
- 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.

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2020 Tri-Province Standards

| U16 Women (2005-2006) | | | |
|-----------------------|---------|---------|---------|
| Event | A | B | C |
| 100m | 12.76 | 12.94 | 13.17 |
| 200m | 26.63 | 26.87 | 27.45 |
| 300m | 41.00 | 42.46 | 42.87 |
| 800m | 2:18.62 | 2:20.03 | 2:21.81 |
| 1200m | 3:43.76 | 3:47.09 | 3:54.58 |
| 2000m | 6:43.84 | 7:02.01 | 7:15.46 |
| 80m H-30' | 12.75 | 13.07 | 13.50 |
| 200m H-30' | 28.64 | 31.35 | 31.61 |
| High Jump | 1.55 | 1.51 | 1.42 |
| Pole Vault | 2.26 | 2.20 | 2.10 |
| Long Jump | 5.18 | 4.92 | 4.81 |
| Triple Jump | 10.76 | 10.43 | 10.25 |
| Shot Put-3Kg | 10.96 | 10.07 | 9.53 |
| Discus-1Kg | 30.41 | 26.73 | 24.41 |
| Javelin-500g | 31.60 | 28.13 | 24.36 |
| Hammer-3Kg | 35.61 | 28.26 | 27.73 |

| U18 Women (2003-2004) | | | |
|-----------------------|----------|----------|----------|
| Event | A | B | C |
| 100m | 12.54 | 12.69 | 12.85 |
| 200m | 25.89 | 26.10 | 26.57 |
| 400m | 57.60 | 1:00.00 | 1:00.83 |
| 800m | 2:16.70 | 2:21.48 | 2:29.34 |
| 1500m | 4:42.83 | 4:56.01 | 5:04.67 |
| 3000m | 10:30.11 | 11:24.53 | 11:29.62 |
| 100m H-30' | 15.41 | 16.09 | 16.56 |
| 400m H-30' | 1:06.63 | 1:10.13 | 1:14.13 |
| High Jump | 1.57 | 1.55 | 1.47 |
| Pole Vault | 3.09 | 2.47 | 2.30 |
| Long Jump | 5.20 | 5.00 | 4.92 |
| Triple Jump | 11.26 | 11.09 | 10.90 |
| Shot Put-3Kg | 11.66 | 10.56 | 10.19 |
| Discus-1Kg | 33.34 | 30.60 | 28.40 |
| Javelin-500g | 35.31 | 34.34 | 30.52 |
| Hammer-3Kg | 41.01 | 38.30 | 32.85 |

| U16 Men (2005-2006) | | | |
|---------------------|---------|---------|---------|
| Event | A | B | C |
| 100m | 11.48 | 11.68 | 11.93 |
| 200m | 23.68 | 24.07 | 24.37 |
| 300m | 37.40 | 38.07 | 38.84 |
| 800m | 2:06.28 | 2:09.60 | 2:12.03 |
| 1200m | 3:24.97 | 3:29.01 | 3:34.77 |
| 2000m | 6:08.04 | 6:22.88 | 6:39.08 |
| 100m H-33' | 15.04 | 15.22 | 16.00 |
| 200m H-30' | 27.28 | 27.84 | 28.24 |
| High Jump | 1.74 | 1.69 | 1.61 |
| Pole Vault | 2.75 | 2.65 | 2.55 |
| Long Jump | 5.89 | 5.60 | 5.34 |
| Triple Jump | 11.55 | 10.85 | 10.43 |
| Shot Put-4Kg | 12.73 | 11.80 | 11.18 |
| Discus-1Kg | 39.95 | 34.95 | 32.71 |
| Javelin-600g | 39.93 | 35.26 | 33.92 |
| Hammer-4Kg | 34.61 | 27.30 | 25.73 |

| U18 Men (2003-2004) | | | |
|---------------------|---------|---------|---------|
| Event | A | B | C |
| 100m | 11.18 | 11.38 | 11.55 |
| 200m | 22.61 | 23.17 | 23.37 |
| 400m | 50.02 | 50.98 | 52.14 |
| 800m | 1:57.40 | 1:58.42 | 2:00.49 |
| 1500m | 4:04.30 | 4:10.00 | 4:14.41 |
| 3000m | 9:12.00 | 9:24.42 | 9:31.46 |
| 100m H-36' | 15.40 | 16.30 | 16.87 |
| 400m H-33' | 58.24 | 59.51 | 1:02.66 |
| High Jump | 1.83 | 1.74 | 1.67 |
| Pole Vault | 3.39 | 3.00 | 2.90 |
| Long Jump | 6.40 | 5.91 | 5.72 |
| Triple Jump | 13.07 | 12.28 | 11.96 |
| Shot Put-5Kg | 12.97 | 11.54 | 11.32 |
| Discus-1.5Kg | 40.60 | 36.87 | 33.78 |
| Javelin-700g | 47.41 | 43.36 | 39.81 |
| Hammer-5Kg | 39.09 | 30.76 | 27.08 |

*Standards have been based off the last 4-years of results at the Tri-Province Challenge. A Standard is compiled of averaged 2nd place results, B Standard is from the 4th place average, and C Standard is from the 6th place average.

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U16/U18 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) Third Place at the selection trials, having achieved the A standard
- 4) Appeals from an athlete who has achieved the A standard
- 5) First place at the selection trials, having achieved the B standard
- 6) Second place at the selection trails, having achieved the B standard
- 7) Third Place at the selection trials, having achieved the B standard
- 8) Appeals from an athlete who achieved the B standard
- 9) First place at the selection trials, having C standard
- 10) Second place at the selection trails, having C standard
- 11) Third Place at the selection trials, having achieved the C standard
- 12) Appeals from an athlete who achieved the C standard
- 13) First place at the selection trails, with no standard
- 14) Athlete has achieved A or B standard, but placed outside of the Top 2
- 15) Athlete has an ability to contribute to a relay
- 16) 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 can 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 2020 Legion U16/U18 National Championships held August 7-9, 2020 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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2020 Manitoba Summer Games-Powered by Manitoba Hydro



The [Manitoba Games powered by Manitoba Hydro](#) are the province's largest ongoing multi-sport program bringing together participants from across the province. Sport is the reason for staging the **Manitoba Games**. The Games are a competitive, developmental opportunity for select sports to advance Provincial Sport Organization's long-term athlete and coach development.

The **Manitoba Games** are often an athlete's first multi-sport Games experience. The Games help to identify Manitoba athletes who have the potential to advance to higher levels of competition: Provincial Team, National Competition, and the Canada and Western Canada Games. After competing in the Manitoba Games, many athletes move on to become part of Team Manitoba!

The City of Dauphin will host the **2020 Manitoba Summer Games** powered by Manitoba Hydro from August 9-15, 2020 which will involve 1,500 athletes from around the province.

We are planning to host combines in each of the regions across the province to identify athletes and put their skills to the test. The tests will cover a range of metrics that can be used to steer athletes toward event types and allow us to find talented youth who may do well on the team. If you, or your school would be interested in hosting a combine please contact Noelle Merkel at programs@athleticsmanitoba.com.



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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.

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.



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NCCP Clinics

Sport Coach ([Pathway](#))

This year Athletics Manitoba will be offering the NCCP Sport Coach course. **Sport Coach** is targeted at coaches who work with athletes 4 to 10 weeks a year and/or 2-3 sessions a week. This course is for coaches who are introducing athletes to Athletics and Athletics competitions (regional and provincial). Planning a practice is a key skill that is introduced in this workshop and coaches are exposed to all event groups through their training.

At Sport Coach, coaches are introduced to the events usually contested in the Junior High environment. At this time there is no para specific course being offered at the Sport Coach level, however coaches currently working with an athlete with a disability in this age/ability range are to attend the Sport Coach workshop as the coaching and technical concepts carry over regardless of whether the coach works within the Olympic or Paralympic context.

Cost: \$105.00 – Athletics Manitoba Members
 \$120.75 – Non-Athletics Manitoba Members
 (Fees include GST)

A date for the course will be established and [posted online](#).

NCCP Coach Evaluations

Athletics Manitoba believes that an extremely important step in coach development is the Evaluation Process. This year we will be placing a greater emphasis on helping coaches work through the evaluation process. If you have completed an Athletics NCCP course recently and would like to pursue an Evaluation, please contact Noelle at the office to receive more information. programs@athleticsmanitoba.com

Are you club coach certified?

Athletics Canada values the dedication coaches put in to supporting athletes Long Term Athlete Development (LTAD) and creating a safe and positive environment to excel. Beginning in 2020, Athletics Canada will require all coaches participating at the Canadian Championship events to be NCCP Club Coach Certified. Coaches have a tremendous impact on athletes within their community and the credibility of the NCCP standards helps showcase you the coaches!

Not sure where you stand? - [CHECK MY NCCP STATUS](#)

More information on [Coach Certification](#):

If you have any questions pertaining to your transferred NCCP Courses, please contact Noelle at programs@athleticsmanitoba.com or Alanna at execdirector@athleticsmanitoba.com

Athletics Manitoba Coaching Super Seminar

This year our annual spring coach education seminar will be held in conjunction with Coaching Manitoba's event in Dauphin, MB. With Manitoba Games being hosting in Dauphin, we will be using this as an opportunity to link coach education to MB Games Development in the Region. This conference is being held on April 24-25th, 2020.

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Athletics Manitoba will aim to host additional coaching education in the Fall of 2020.