



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

2017-2018



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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.

2017-2018 Athletics Manitoba Staff

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

Athletics Manitoba Fee Increases for 2017-2018

Effective September 1, 2017 Athletics Manitoba has increased its membership fee. The base fee structure will stay the same however we have added an equipment levy to all membership fees. This additional fee will NOT contribute to general revenue but will be set aside annually to contribute to the purchase/repair of equipment.

Peewee/Bantam Athletes:	\$2 per athlete
Midget to Masters Athletes:	\$5 per athlete
Elementary Schools:	\$20 per school
Junior/High Schools:	\$50 per school

Exclusive Use Fees:

- All athletes who are train during exclusive use will be charged a \$40 fee to cover off costs associated with training equipment maintenance and replacement.
- This fee will be collected by clubs and paid to AM.
- The University of Manitoba (U of M) Bison Track and Field Team contributes to equipment maintenance through their program and AM's partnership with the University of Manitoba Faculty of Kinesiology and Recreation Management therefore this fee does not apply to athletes who are on the U of M roster.

Background for these changes:

In 2016-2017 Athletics Manitoba undertook an extensive review of its equipment inventory to understand the annual operating costs associated with equipment use, maintenance and replacement. The purpose in doing this exercise was to create a long-term equipment maintenance plan for our association. To ensure that AM and its members always have the equipment needed for training and competition. The equipment used to operate Athletics in Manitoba can be broken into four categories:

- 1) Consumables (i.e., ammunition, hip numbers, etc.)
- 2) Competition equipment
- 3) Training equipment
- 4) Technology (i.e., photo timing, computers, electronics)

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For each category, an inventory was taken, and for each piece of equipment we determined the cost and its lifecycle. With that information, a formula was created to calculate an annual operating/maintenance cost. These spreadsheets are available upon request.

Athletics MB will also be looking to hire an equipment manager. This manager would be tasked with monitoring equipment, completing repairs, and acting as the main contact point for all new/replacement equipment requests.

School Membership Registration Form [HERE](#)

- Only member schools of Athletics Manitoba are allowed to register for sanctioned meets. *(This includes Elementary Relays, Track Attack and the High School Series)*
- Insurance Coverage for the full school year, including training (secondary insurance)
- Free Hy-Tek training (if required) for athlete and meet registration

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

2017-2018 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)

Exclusive Use

Each year Athletics Manitoba coordinates access to the Jim Daly Field House (formerly Max Bell) 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 23rd and ends April 19th. Outdoor training hours begin April 21st.

All members of Athletics Manitoba who wish to train at the University of Manitoba during these hours MUST be a registered member in good standing with a club.

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.

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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>Eileen Thiessen</i>	<i>204.654.4149</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>Mystery Lake Athletics (Thompson)</i>	<i>Shaun Kennedy</i>		<i>shaun10@mymts.net</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>Sisler Track Club</i>	<i>Jonathan Fast</i>		<i>jfast@wsd1.org</i>
<i>Sports U Striders</i>	<i>Dean Little</i>		<i>info@sportsuniversity.ca</i>
<i>Stride Ahead Tough Track</i>	<i>Andrew Tough</i>	<i>204.452.1179</i>	<i>toughtrack11@gmail.com</i>
<i>The Pas Athletic Club</i>	<i>Jason Dunham</i>		<i>jasond@mymts.net</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

Location:	Royal Aviation Museum of Western Canada Hangar T-2, 958 Ferry Road Winnipeg, Manitoba R3H 0Y8
Date:	Saturday November 4th, 2017
Time:	
Cost:	General admission tickets are \$30 Award Nominee tickets are \$15 Tickets must be reserved online here www.Trackiereg.com/2018-AwardsBanquet ALL reservations must be made by Wednesday, October 26 th .
Parking:	Parking lot entrance is off of Ferry Rd.



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Tentative Indoor 2017-2018 Schedule

Please check the Athletics Manitoba website for any future updates to the schedule

September

Saturday, September 23	Roy Griak Invitational	Minneapolis, MN
Wednesday, September 27	MILK XC Winnipeg Challenge	Kilcona Park, Wpg
Saturday, September 30	U of S – Sled Dog Open	Saskatoon, SK

October

Saturday, September 31	U of S Open Cross Country	Saskatoon, SK
Wednesday, October 4	Fall Coaches Dinner and Planning Meeting	TBD, Wpg
Wednesday, October 11	MHSAA Cross Country Championships	Nelson House, MB
Saturday, October 14	Ronn Pynn	Grand Forks, ND
Saturday, October 28	Chris McCubbins Age Class Championships	Kilcona Park, Wpg

November

Saturday, November 4	Athletics Manitoba Awards Banquet	Royal Cdn Aviation Museum
Sunday, November 12	U-Sport Cross Country Champs	Victoria, BC
Friday, November 24	Brown and Gold Intrasquad	U of M
Saturday, November 26	National Cross Country Championships	Kingston, ON

December

Saturday, December 2	Flying M Frolic	U of M
Friday, December 8-9	Athletics Manitoba Last Chance Meet	U of M

January

Wednesday, January 10	Bison GP #1	U of M
Thursday, January 11	High School Series #1	U of M
Tuesday, January 16	Track Attack #1	U of M
Friday-Saturday, January 19-20	WOA Winter Open	U of M
Monday, January 22	High School Series #2	U of M
Wednesday, January 31	Bison Elementary Relays	U of M

February

Thursday, February 1	Track Attack #2	U of M
Friday-Saturday, February 2-3	Bison Classic	U of M
Wednesday, February 7	High School Series #3	U of M
Wednesday, February 14	Bison GP #2	U of M
Wednesday, February 14	Track Attack #3	U of M
Monday, February 19	High School Series #4	U of M
Thursday-Saturday, February 22-24	Can West Championships	Winnipeg, MB

March

Thursday, March 1	Boeing Classic Elementary Relays	U of M
Friday, March 2-3	Boeing Classic	U of M
Thursday-Saturday, March 9-12	U-Sport Championships	Windsor, ON
Tuesday, March 13	Athletics Manitoba Elementary Relays	U of M
Wednesday, March 14	Track Attack #4	U of M
Thursday, March 15	High School Series Championships	U of M



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Tentative Outdoor 2018 Schedule

Please check the Athletics Manitoba website for any future updates to the schedule

April

April 20-21

Athletics Manitoba Super Coaching Seminar

U of M

April TBD

Spring Coaches Dinner and Planning Meeting

U of M

May

Friday, May 11-12

Athletics Manitoba Spring Open

U of M

Friday, May 25-26

SATT Open

U of M

June

Tuesday, June 5

Junior High Championships

U of M

Thursday, June 7-9

MHSAA Provincial Championships

U of M

Friday, June 22-23

Athletics Manitoba Age Class

U of M

July/August

Thursday-Sunday, July 5-8

Canadian Track and Field Championships

Ottawa, ON

TBA

TRI PROV – TBA

TBA

Friday, August 10-12

National Legion Championships

Brandon, 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 ** Replaces Hershey program	MB Games + Regional Competitions** Replaces Hershey program	MHSAA Championships
	Outdoor Ages Class Competitions	Junior High Championships	Outdoor Ages Class Competitions
		Outdoor Ages 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
		Student Volunteer and Leadership Opportunities	Student Volunteer and Leadership Opportunities
	Athletics MB Super Seminar	Athletics MB Super Seminar	Athletics MB Super Seminar



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 will support school based programs in the province. Each year elementary schools will be encouraged to apply to the Diana Stevens Legacy Fund that will allow them to invest into their already established programs. This Fund is designed to help offset the cost participating in Track and Field; removing barriers to participation. The Diana Stevens Legacy fund will help one school a year continue to live out Diana's passion of reaching children through Track and Field (please note that in order to assist as many programs as possible, schools will not be awarded the funding in successive years). For the 2017/18 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
- Outline other sources of revenue
- Outline your ability to carry out the grassroots Track and Field program [long term stability = 5 year plan]

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: NOVEMBER 30TH 2017

Application/ Email of interest can be forwarded to:

Donna Harris, Executive Director

execdirector@athleticsmanitoba.com

204 925 5744



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:

Alanna Boudreau – programs@athleticsmanitoba.com



Athletics Manitoba School Outreach 2018

Athletics Manitoba is pleased to once again offer an outreach program to schools to assist with training and competition for the 2018 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 (Bantam and Midget 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. 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 and assistance with running a meet in the region or a field day at the school (the meet locations and dates will be determined once all the program participants are confirmed). All meets should be concluded by mid-June.

Following the school field day or regional meet, athletes and/or teams will have the option to compete at other meets as well as the Age Class Championships at the end of June. In addition, Midget athletes are eligible for selection to the Midget Provincial Team that competes at the Tri-Province Meet in July.

This year demonstration videos will be made available to the public, showing many different stretches, dynamic warm-ups, drills, and exercises. This will be a tool for athletes and coaches to utilize.

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 13th 2018
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 and your field day or regional meet.



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: Scott Gurney

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>



2017 MILK Cross Country Challenge

Cross Country Challenge

Wednesday, September 27th 2017

PROVINCIAL SCHOOL TEAM CHAMPIONSHIP

Kilcona Park/Harbourview Golf Club

Milk Every Moment



10:00 am	Grade 4 Girls	2km
10:30 am	Grade 4 Boys	2km
11:00 am	Grade 5 Girls	2km
11:30 am	Grade 5 Boys	2km
12:00 pm	Grade 6 Girls	2km
12:20 pm	Grade 6 Boys	2km
12:40 pm	Grade 7 Girls	2km
12:55 pm	Grade 7 Boys	2km
1:10 pm	Grade 8 Girls	2km
1:25 pm	Grade 8 Boys	2km
1:40 pm	Grade 9/10 Girls (JV)	3km
2:00 pm	Grade 9/10 Boys (JV)	4km
2:20 pm	Varsity Girls	4km
2:40 pm	Varsity Boys	5km



Races can run up to 15 minutes ahead so please arrange arrival times accordingly.

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 online through Trackie - www.Trackiereg.com/2017-MilkXC no later than Wednesday, September 20, 2017.

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: Oct 28th 2017

Tentative Schedule

Races can run up to 15 min. Ahead

10:00 am	Pee Wee Girls (2005 and later)	2km
10:20 am	Pee Wee Boys (2005 and later)	2km
10:40 am	Bantam Girls (2003-2004)	2km
11:00 am	Bantam Boys (2003-2004)	2km
11:20 am	Midget Girls (2001-2002)	3km
11:40 am	Midget Boys (2001-2002)	3km
12:10 pm	Youth Girls (1999-2000)	3km
12:30 pm	Youth Boys (1999-2000)	5km
12:50 pm	Junior Women (1997-1998)	5km
	Senior Women (1996 and earlier)	8km
	Masters Women (35 years of age & older on day)	5km
1: 20 pm	Junior Men (1997-1998)	7.5km
	Senior Men (1996 and earlier)	10km
	Masters Men (35 years of age & older on day)	7.5km

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 23th at NOON**. 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. This meet is sanctioned by Athletics Manitoba.

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

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2018 Athletics Manitoba Elementary Relays

Tuesday, March 13th, 2018

MAX BELL CENTRE – 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)

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.

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. 4x200 Lap Relay – each of 4 team members runs 1 lap

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

Entries are due Friday, March 2nd

REMEMBER - YOU MUST BE A MEMBER SCHOOL OF ATHLETICS MANITOBA TO PARTICIPATE! Please fill out the Athletics MB [School Membership and Registration Form](#)

Elementary Relays – [Team Entry Form](#)



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SCHEDULE

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

10:00 a.m. 4x200m Relay Grade 6 Boys
4x200m Relay Grade 5 Boys
4x200m Relay Grade 4 Boys
4x200m Relay Grade 6 Girls
4x200m Relay Grade 5 Girls
4x200m Relay Grade 4 Girls

10:00 a.m. 4xStanding LJ Grade 4 Boys
4xStanding LJ Grade 4 Girls
4xStanding LJ Grade 5 Boys
4xStanding LJ Grade 5 Girls
4xStanding LJ Grade 6 Boys
4xStanding LJ Grade 6 Girls

10:00 a.m. 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.

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

In order 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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Additional Elementary Relay Competitions

Bison Elementary Relays takes place Wednesday January 31st, 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 March 1st. Registration information can be found at <http://www.boeingtrackandfield.com/registering>

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.**

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

Meet Information

Meet 1 - Tuesday Jan 16th

Meet 2 - Thursday Feb 1st

Meet 3 - Wednesday Feb 14th

Meet 4 - Wednesday Feb 14th

Ribbons will be awarded for the top five places.

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

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.

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

In order 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

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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.

*****All four meets run at the Max Bell Centre at the University of Manitoba from 10:30 a.m. to 4:00 p.m *****

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 200m 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 200m (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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High School Championships Series

<u>Tentative Dates:</u>	Qualifying Meet #1	Thursday, January 11
	Qualifying Meet #2	Monday, January 22
	Qualifying Meet #3	Wednesday, February 7
	Qualifying Meet #4	Monday, February 19
	Championship Meet	Thursday, March 15

Eligibility:

Entry is open to all high school teams in Manitoba, but **all schools must have an Athletics Manitoba membership** (see below).

Cost:

The High School Series Entry fee must be given to the University of Manitoba. Cheques should be 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

- \$500 – for school registering 15 or more athletes for the series
- \$400 – 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, 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.

\$175 + 50 Equipment Levy + GST - for school program with 15 or more athletes	(TOTAL - \$236.25)
\$125 + 50 Equipment Levy + 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 in order 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 of their events in the Varsity category

<u>Technical Information:</u>	Junior Girls Hurdles 30”	12m to first hurdle 7.5m spacing between hurdles.
	Senior Girls Hurdles 33”	12.5m to first hurdle 8m spacing between hurdles.
	Junior & Senior Boys Hurdles 36”	13m to first hurdle 8.5m spacing between hurdles.
	Junior & Senior Girls	4 kg shot put
	Junior Boys	4 kg shot put
	Senior Boys	5 kg shot put



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Volunteer Officials:

It is mandatory that schools who register 15 or more athletes must bring a minimum of two volunteers to each meet. Schools with less than 15 athletes must bring at least one volunteer to each 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.

Tentative Schedule (SUBJECT TO CHANGE)

The four qualifying meets run at the Max Bell Centre at the University of Manitoba from 12:00 p.m. to 5:00 p.m. as follows:

Events:

Qualifying Meet 1	Qualifying Meet 2	Qualifying Meet 3	Qualifying Meet 4
60m	60m Hurdles	60m	60m Hurdles
1500m	800m	1500m	800m
400m	200m	400m	200m
Triple Jump (V-M, W) Long Jump (JV-W, M)	Long Jump (V-M, W) Triple Jump (JV-W, M)	Triple Jump (V-M, W) Long Jump (JV-W, M)	Long Jump (V-M, W) Triple Jump (JV-W, M)
Shot Put	Shot Put	Shot Put	Shot Put
High Jump (W)	High Jump (M)	High Jump (W)	High Jump (M)
4 x 200m	Medley (800 x 200 x 200 x 400)	4 x 200m	Medley (800 x 200 x 200 x 400)

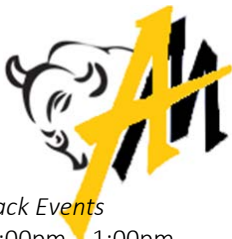
Tentative Qualifying Meet Schedule 1 & 3 (SUBJECT TO CHANGE)

Track Events

12:00pm – 1:15pm	60 metres	Infield
1:30pm – 2:30pm	1500 metres	Oval
2:45pm – 4:00pm	400 metres	Oval
4:15pm – 5:00pm	4 x 200 metre relay	Oval

Field Events

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



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

Track Events

12:00pm – 1:00pm	60 metres hurdles	Infield
1:15pm – 2:15pm	800 metres	Oval
2:30pm – 3:45pm	200 metres	Oval
4:00pm – 5:00pm	Medley Relay (800, 200, 200 400)	Oval

Field Events

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

Meet Information

1. Track Race Order -- Junior Girls, Senior Girls, Junior Boys, Senior 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 Girls, Senior Girls, Junior Boys and Senior 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).
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 12th. 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.



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 35 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. In order 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.

In order 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 20th, 2017**

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 15-17, 2018 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.



Junior High Championships

2018 ATHLETICS MANITOBA PROVINCIAL JUNIOR HIGH CHAMPIONSHIP

Tuesday, June 5th

University of Manitoba Stadium

9:30 am - 4:30 pm

- Each school is responsible to provide 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.
- Athletes advance from their school and divisional meets. All those who place first, second or third at a school meet automatically are invited as well as anyone who meet or exceed the outlined standards.
 - **IMPORTANT:** If your divisional final occurs AFTER the entry deadline you MUST contact the office to make arrangements for your athletes.
- 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.
- Medical personnel will be on site.
- The Championships may be used as identification for provincial team opportunities including: MB Games, Midget Provincial Team.
- School entries must be received by Tuesday, May 29th 2018.
- Entry fees will be \$6.00 per athlete, up to a maximum of \$150.00 per school. **There is no additional cost for relays.**
- Any entries received after the May 30th deadline will be subject to late registration fees at a cost of \$10 per athlete up to a maximum of \$250.
- Non-member schools will be charged a day membership rate of \$10 per athlete, up to a maximum of \$50. (If applicable, this is applied over and above the \$150 max for entries).
- Athletics MB School Membership Registration form is available [HERE](#)
- Team Entry spreadsheet will be available online at [HERE](#)
- Online Registration Link for individual entries – www.trackiereg.com/2018-AMJuniorHighChampionships
- There will be NO registrations accepted on site the day of the meet.

Program questions should be directed to Alanna Boudreau at programs@athleticsmanitoba.com or 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	14.45	14.01	13.80	13.63	12.80	12.70
300m	48.05	47.50	45.00	45.25	43.00	42.00
800m	2:50	2:45	2:40	2:37	2:27	2:25
1200m	4:33	4:28	4:23	4:13	3:58	3:55
80mh/100mh	16.04	15.17	15.00	14.87	18.50	17.95
Long Jump	3.78	4.16	4.25	4.20	4.68	4.72
High Jump	1.25	1.30	1.35	1.30	1.45	1.50
Shot put	7.27	7.80	7.90	9.42	10.00	10.69
Discus	17.00	18.00	19.00	20.00	25.36	26.25

**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.

9:30	Grade 9	Girls	80mh (12m;8.0m space 30")	9:30	Grade 8	Boys	High Jump (start 1.25m North)
	Grade 8	Girls	80mh (12m; 8.0m space 30")		Grade 7	Girls	Long Jump (North)
	Grade 7	Girls	80mh (12m;7.5m space 30")		Grade 9	Boys	Shot Put (4kg)
	Grade 7	Boys	80mh (12m;7.5m space 30")		Grade 7	Girls	Discus
	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	10:30	Grade 9	Boys	High Jump (start 1.30m South)
	Grade 8	Boys	100m Heats		Grade 8	Girls	Long Jump (South)
	Grade 7	Boys	100m Heats		Grade 8	Boys	Shot Put (4kg)
	Grade 7	Girls	100m Heats		Grade 8	Girls	Discus
	Grade 8	Girls	100m Heats				
	Grade 9	Girls	100m Heats				

11:30	Grade 9	Boys	1200m	11:30	Grade 7	Boys	High Jump (start 1.20m North)
	Grade 8	Boys	1200m		Grade 9	Girls	Long Jump (North)
	Grade 7	Boys	1200m		Grade 7	Boys	Shot Put (3kg)
	Grade 7	Girls	1200m		Grade 9	Girls	Discus
	Grade 8	Girls	1200m				
	Grade 9	Girls	1200m				



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12:35	Grade 9	Boys	100m	12:30	Grade 7	Girls	High Jump (start 1.15m South)
	Grade 8	Boys	100m		Grade 9	Boys	Long Jump (South)
	Grade 7	Boys	100m		Grade 7	Girls	Shot Put (3kg)
	Grade 9	Girls	100m		Grade 7	Boys	Discus
	Grade 8	Girls	100m				
	Grade 7	Girls	100m				
1:30	Grade 9	Boys	800m	1:30	Grade 8	Girls	High Jump (start 1.20m North)
	Grade 8	Boys	800m		Grade 8	Boys	Long Jump (North)
	Grade 7	Boys	800m		Grade 8	Girls	Shot Put (3kg)
	Grade 9	Girls	800m		Grade 8	Boys	Discus
	Grade 8	Girls	800m				
	Grade 9	Girls	800m				
2:30	Grade 9	Boys	300m	2:30	Grade 9	Girls	High Jump (start 1.25m South)
	Grade 8	Boys	300m		Grade 7	Boys	Long Jump (South)
	Grade 7	Boys	300m		Grade 9	Girls	Shot Put (3kg)
	Grade 9	Girls	300m		Grade 9	Boys	Discus
	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 9	Girls	Medley				
	Grade 8	Girls	Medley				
	Grade 7	Girls	Medley				



Age Class Provincial Championships

The Athletics Manitoba Age Class Provincial Championships will take place Friday June 22nd and Saturday June 23rd, 2018. 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.

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 2018 and June 24th 2018.

General Information

- This year's event will be held in Alberta, dates will be distributed once they have been finalized.
- Team Size: 50 athletes Midget Team & 50 athletes Youth team.
- Team fee: \$500 – 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 22-23rd, 2018.
- All athletes interested in being considered for the team must submit a declaration of interest form by **the end of the meet (June 23rd)**. 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 by the following Wednesday.
- 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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Midget/Youth Provincial Team Selection Criteria

- 1) First place at the selection trials, having achieved the A standard
- 2) Second place at the selection trials, having achieved the A standard
- 3) Third place at the selection trials, having achieved the A standard
- 4) Successful appeal and has achieved A standard
- 5) First place at the selection trials, having achieved the B standard
- 6) Second place at the selection trials, having achieved the B standard
- 7) Third place at the selection trials, having achieved the B standard
- 8) Successful appeal and has achieved B standard
- 9) Athlete who placed top 3 at Trials, but did not achieve a standard.
- 10) Athlete who competed at Trials and has an ability to contribute to a relay

Legion National Championships

Athletes who attend the Peace Gardens Track and Field camp have the opportunity to be selected to the Legion National Championship 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 2018 Legion Youth National Championships to be held August 10-12th, 2018 in Brandon, MB. 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.



Semi-Annual Planning Meetings

In an effort 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 4th, 2017.

Individuals who are unable to attend but would like to suggest topics for discussion are welcome to submit them in advance to Alanna 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 Alanna Boudreau 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 numbers of requests each season.

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



NCCP Clinics

Sport Coach - University of Manitoba

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.

Cost: \$100.00 – Athletics Manitoba Members
\$115.00 – Non Athletics Manitoba Members

A date for the course will be established and posted online in the coming weeks.

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 Alanna at the office to receive more information. programs@athleticsmanitoba.com

Athletics Manitoba Coaching Super Seminar

This year our annual spring coach education seminar will be held April 19th – 21st at the University of MB.

The event groups/technical areas of focus for the event will Sprints, Hurdles and Relays. Additional topics and a Thursday evening presentation may also be scheduled once our Guest presenters have been confirmed.

Registration information and costs will be posted on our website and distributed by email to all members.