



2020 Summer Jam Mini-Meets

Saturday, August 15 and Thursday, August 20, 2020

Selkirk Regional Secondary School

221 Mercy St, Selkirk, MB R1A 2C8

Events at #1 Saturday, Aug 15 - Start Time - 12:30 PM

Entries are due August 12 by 11:59 PM)

Sprint Hurdles (110m Hurdles for U18 & Older Men)

(100mH for U16 Men & U18 and Older Women)

(80mH for U14 & U16 Women)

100m (then 80m for U12 & U14)

Javelin (Ball Throw U12 & U14)

Hammer

Events at #2 Thursday, Aug 20 - Start Time – 6:00 PM

Entries are due August 17 by 11:59 PM)

Intermediate H. (400mH for U20 & Older) (300m H U18) (200mH for U16)

200m (then 150m for U12 & U14)

Shot Put (All)

Long Jump

Discus (All)

Meet Operation: **Heats & Flights will be seeded based on entry marks and then separated into appropriate Age Groups when results are produced**

Eligibility: Competitors must be Members of Athletics Manitoba, Athletics Canada.

Entry Fee: Entry Fees are: \$10.00 per event. Entries are made through Trackierereg.

Entry Deadlines: 3 Days Prior to Meet (i.e. August 15 Meet are due August 12 by 11:59 PM)

Note Physical Distancing will be observed!

Event and Meets may be cancelled If there are fewer than two entries per event.