



# 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](http://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 14<sup>th</sup>

Meet 2 – Tuesday, January 28<sup>th</sup>

Meet 3 - Wednesday February 12<sup>th</sup>

Meet 4 – Tuesday, March 17<sup>th</sup>

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

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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 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.

<b>INFILED</b>	<b>OVAL</b>	<b>HORIZONTAL JUMPS</b>
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		
<b>INFILED</b>	<b>OVAL</b>	<b>HORIZONTAL JUMPS</b>
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		
<b>INFILED</b>	<b>OVAL</b>	<b>HORIZONTAL JUMPS</b>
10:30am 60m 1:00pm HJ Girls Shot Put Boys	10:30am 1200m 11:30am 4x200m Relay 3:00pm 150m	10:30am LJ Girls TJ Boys
Meet #4		
<b>INFILED</b>	<b>OVAL</b>	<b>HORIZONTAL JUMPS</b>
10:30am 60m Hurdles 12:30pm HJ Boys	10:30am 800m 11:30am 4x100m Relay	10:30am LJ Boys TJ Girls



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