



Athletics Manitoba Virtual Competition Series

In an effort to keep our community engaged throughout this physical distancing period, Athletics Manitoba is hosting a Virtual Competition Series. This series will take place over a 3-week span and will offer participants an opportunity to engage in a new, weekly competition! Athletics MB will be posting results from each week and celebrating accomplishments of those who participate in the Series.

While there will be results for each competition, the main goal of this series is primarily to stay engaged, get involved, and have some fun!

Registration: All registrations are FREE.

Registration Page: [HERE](#)

Regulations: All participants MUST fill out a competition waiver prior to competition.

All participants MUST follow and respect physical distancing protocols.

Week #1: May 25th-May 31st	
Events: Running Events: 400m & 800m Technical Skill Event: Standing Long Jump	EQUIPMENT: Smart Phone, GPS Tracking App, Measuring Tape, Small items for measuring, STANDING LONG JUMP GUIDELINES HOW TO PICTURES/VIDEO
Week #2: June 1st—7th	
Events: Running Events: Soccer Field Sprint (100m) & 1500m Technical Skill Event: Discus Towel Throw	EQUIPMENT: Smart Phone, Access to a soccer field, GPS Tracking App, Measuring Tape, a bath towel (22" x 44"). DISCUS TOWEL THROW GUIDELINES TOWEL FOLDING INSTRUCTIONS
Week #3: June 8th-14th	
Events: Running Events: Shuttle Relay & 2km Technical Skill Event: Standing Triple Jump	EQUIPMENT: Smart Phone, GPS Tracking App, Measuring Tape, Small items for measuring, STANDING TRIPLE JUMP GUIDELINES HOW TO PICTURES/VIDEO



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Competition Rules and Instructions

STANDING LONG JUMP RULES

- Find a flat surface (Hallway, Sidewalk, Field).
- Lay down a starting point and pull a measuring tape at least 3 meters long; toes cannot be past the link prior to jumping.
- Bend knees before line, swing arms 90 degrees forward and back, and let the momentum pull the jump forward.
- Measuring:
 - * Hold a small item during the jump
 - * Place the small object at the heel of the participant
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[INSTRUCTIONAL VIDEO DEMONSTRATION](#)

DISCUS TOWEL THROW RULES

- Find a large open space & a bath towel (22" x 44"). Fold towel horizontally 2 times over, and then tie a knot in the towel. [HOW TO FOLD TOWEL](#). Use the small end of the towel as the "handle."
- Lay down a starting point and pull a measuring tape at least 10 meters long; toes cannot be past the link prior to throwing.
- Two ways of throwing:
 - * [Version #1](#) (Standing Discus Throw)
 - * [Version #2](#) (Full Turn with Throw – Discus Throwers)
- Measuring: Hold a small item during the jump & place the small object at the heel of the participant.

STANDING TRIPLE JUMP RULES

- Find a flat surface (Hallway, Sidewalk, Field).
- Lay down a starting point and pull a measuring tape at least 3 meters long; toes cannot be past the link prior to jumping.
- Begin at the start mark and take one large jump on one leg, then one jump on the opposite leg, and then land with both feet together. ([Example Video](#))
- Measuring:
 - * Hold a small item during the jump
 - * Place the small object at the heel of the participant

INSTRUCTIONAL VIDEO DEMONSTRATION



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Overall Results Submission

Participants have all week to compete and submit their results, with the **deadline each week being Sunday**. The waiver **MUST** be sent to programs@athleticsmanitoba.com prior to submitting results.

Race Results are to be submitted directly to www.RaceRoster.com & Jumping/Throwing events must be submitted to programs@athleticsmanitoba.com.

Since it is hard to regulate how many attempts a participant can attempt at home, we will be taking the submitted result. All submission **MUST** include photo proof of the jump, throw, run distance.

Running Event Results Submission

- Following the registration for the Series in Race Roster, participants will receive an e-mail with instructions to download the “Run Keeper” app. It will also include the steps for on what to do next (i.e. How to find the Series on the App).
- Once the App has been downloaded:
 - Participants will find the “Challenges” page & the Competition Series.
 - Once the run is complete, participants will then receive another e-mail explaining how to submit their results to Race Roster. Results must be submitted by the Sunday of that week.
- Athletes can **STILL** use other run tracking apps (Fitbit, Strava, ect). If participants choose this method, then they will have to enter their results manually on Race Roster.

Technical Skill Event Results Submission

- Register for Technical Skill Event on RaceRoster.com
- Complete Jumping Event & take a photo of the measurement distance.
- Submit results to programs@athleticsmanitoba.com by the Sunday of that week.