



13th Annual High School Track & Field Championship Series

Hosted by the University of Manitoba Track & Field Team

Dates:

Qualifying Meet #1	Tuesday, January 10, 2023
Qualifying Meet #2	Wednesday, January 25, 2023
Qualifying Meet #3	Monday, February 6, 2023
Qualifying Meet #4	Friday, February 17, 2023
Championship Meet	Monday, March 20, 2023

Eligibility:

Entry is open to all high school teams in Manitoba. **Please register as a school with Athletics Manitoba.** 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

Athletics MB School Membership Fee:

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 to the Athletics Manitoba office.

The form can be found at this link:

http://athleticsmanitoba.com/events/files/pdf/forms/22_SchoolMembershipForm.pdf

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:

Junior Varsity Girls

Varsity Girls

Junior Varsity Boys

Varsity Boys

As per MHSAA rules

in order to qualify for the junior varsity competition athlete 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

JV Athletes competing in any events in the Varsity category, must then compete in all of their events in the Varsity category

Technical Information:

Junior Varsity Girls Hurdles	30"	12m to the first hurdle	7.5m spacing between hurdles.
Varsity Girls Hurdles	33"	13m to the first hurdle	8.0m spacing between hurdles.
Junior Varsity Boys Hurdles	33"	13m to the first hurdle	8.5m spacing between hurdles.
Varsity Boys Hurdles	36"	13m to the first hurdle	8.5m spacing between hurdles.
Junior Varsity & Varsity Girls Shot Put		4kg	
Junior Varsity Boys Shot Put		4kg	
Varsity Boys Shot Put		5kg	

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 6, 2023**, however receiving them prior to this date would be greatly appreciated.

Meet Schedules and Events:

The four qualifying meets will be run from noon to 5:00 p.m. as listed below.

The Championship meet will be run from noon to 5:00 p.m.

High School Series Qualifying Meet Schedule (Meets 1 & 3)

Track Events

* 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

12:00pm	60 metres Hurdles	-	Junior Varsity Girls and Boys
	60 metres	-	Varsity Girls and Boys
	1500 metres	-	All groups
	200 metres	-	Junior Varsity Girls and Boys
	400 metres	-	Varsity Girls and Boys

** Please note that if we have time we will run the 4 x 200m ***

Field Events

12:00pm	Shot Put Varsity Girls followed by Junior Varsity Girls
12:00pm	Triple Jump Varsity Boys followed by Varsity Girls
2:00pm	High Jump Varsity Girls (Starting Height 1.25m)
2:15pm	Long Jump Jr Varsity Girls followed by Jr Varsity Boys
2:30pm	Shot Put Varsity Boys followed by Junior Varsity Boys
3:15pm – 4:15pm	High Jump Jr Varsity Girls (Starting Height 1.20m)

High School Series Qualifying Meet Schedule (Meets 2 & 4)

Track Events

* 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

12:00	60 metres Hurdles	-	Varsity Girls and Boys
	60 metres	-	Junior Varsity Girls and Boys
	800 metres	-	All Groups
	200 metres	-	Varsity Girls and Boys
	400 metres	-	Junior Varsity Girls and Boys
	Medley Relay (800m, 200m, 200m, 400m)		

Field Events

12:30pm	Shot Put Varsity Girls followed by Junior Varsity Girls
12:00pm	Triple Jump Jr Varsity Boys followed by Jr Varsity Girls
2:00pm	High Jump Jr Varsity Boys (Starting Height 1.40m)
2:30pm	Long Jump Varsity Boys followed by Varsity Girls
2:30pm	Shot Put Varsity Boys followed by Junior Varsity Boys
3:30pm	High Jump Sr Boys (Starting Height 1.50m)

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. We will not be using starting blocks for the qualifying meets in the 200m and 400m races in order to keep the meet on time
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 via email.

11. The Athletics Manitoba website will be used for posting of results and updating of individual standings and team results.

12. Qualification for Championship Meet:

i) Top 12 in all track events including relays

ii) Top 12 in all field events

iii) Schools must confirm a qualifying athlete's entry for the championship final by noon, Tuesday, March 14th. 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:

i) There will be an "A" and "B" Final for all sprint track events (60m, 200m, 400m, 60m Hurdles, 4 x 200m). The finalists in the Long Jump, Triple Jump and Shot Put will have three attempts only.