145 Pacific Ave, Winnipeg, Manitoba R3B 2Z6 Tel: 204-925-5743 Fax: 204-925-5792 www.athleticsmanitoba.com

2023 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.

Registration Process

1. Complete and submit the school membership registration form and indicate your interest in the event.
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.

NOTE: We are requesting that Schools send 2 adults to attend the volunteer training – details here

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

Competition Dates

Meet 1 – Tuesday, January 17th
Meet 2 – Tuesday, January 31st
Meet 3 – Wednesday, February 15th
Meet 4 – Tuesday, March 7th

Meet Information

- 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.

***All four meets run at the James Daly Fieldhouse at the University of Manitoba from 10:30 AM to 3:30PM ***

All teams must be out of the James Daly Fieldhouse by 3:45 PM at the latest.

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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 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	10:30am	4x200m Relay co-ed	10:30am	LJ Girls
1:00pm	HJ Girls	1:00pm	150m		TJ Boys
	Shot Put Boys	2:30pm	1200m		
Meet #2					
INFILED		OVAL		HORIZONTAL JUMPS	
10:30am	60m Hurdles	10:30am	4x100m Relay co-ed	10:30am	LJ Boys
12:30pm	HJ Boys	1:00pm	300m		TJ Girls
	Shot Put Girls	2:30pm	800m		
Meet #3					
INFILED		OVAL		HORIZONTAL JUMPS	
10:30am	60m	10:30am	1200m	10:30am	LJ Girls
1:00pm	HJ Girls	11:30am	4x200m Relay		TJ Boys
	Shot Put Boys	3:00pm	150m (dependent on time)		
Meet #4					
INFILED		OVAL		HORIZONTAL JUMPS	
10:30am	60m Hurdles	10:30am	800m	10:30am	LJ Boys
12:30pm	HJ Boys	11:30am	4x100m Relay		TJ Girls
	Shot Put Girls	3:00pm	300m (dependent on time)		