

You're Invited To The Interlake Relays

Where: Stonewall Collegiate

When: Thursday, May 12, 2022
(starting at 11:00 a.m.)

Cost: \$7/athlete (maximum
\$75/school payable to SCI)

Ribbons will be awarded (1st – 3rd)****

Contact Person: Rene Comeault

This will be a relay-type meet with several individual track events included as well. Some field events (shot put and long jump) will be run as relays with a combined distance for your top 3 athletes in each event. On the track, there will be a co-ed 4 x 200, 4 x 100, and a distance medley. For further information please contact Rene Comeault (rcomeault@isd21.mb.ca)



Interlake Relays

Schedule of Events:

The first track and field events will begin at 11:00 a.m. and will continue one after another until the meet is finished (approximately 5:00 p.m.) All individual track events will be run in the order of junior girls, senior girls, junior boys, and then senior boys unless otherwise indicated. Categories in the 800 m, 1500 m, and 3000 m may be grouped together depending on the numbers of athletes in each race. Their results will be separated into one of the four categories at the completion of the race.

TRACK EVENTS

11:00 a.m.	4 x 200 m Co-ed Relay	Junior then Senior (2 males, 2 females)
	3000 m	all categories (may be run as one race)
	Open Hurdles**	Junior Girls and Varsity Boys
	800 m	all categories
1:30 p.m.	Open Hurdles**	Junior Boys and Varsity Girls
	100 m (timed final)	all categories
	1500 m	all girls then all boys
	400 m	all categories
	200 m (timed final)	all categories
4:30 p.m.	4 x 100 m Relay	all categories
	Distance Medley (400, 400, 800, 1200)	Open Mixed
	8 x 80 m Shuttle Relay***	(if time and interest allows, coaches welcome)

Multi-Event (will be scored at the completion of the meet. Athletes competing in the multi-event should identify themselves at their respective events)

FIELD EVENTS

- long jump and shot put will be run as relays (minimum of 3, maximum of 5 team members)
- all team member stickers must be entered at the same time.
- schools can enter more than one team.
- cumulative distances/heights of the top 3 from your school will result in a team score
- individuals can compete in events but ribbons will only be awarded for team results in long jump and shot put. In other field events, ribbons will be awarded to the top 3.
- a minimum of three trials will be permitted at each event
- it is the responsibility of the athlete to get to the event within the allotted time period to complete their throws/jumps.

Category	11:15 p.m.	12:30 p.m.	1:45 p.m.	3:00 p.m.
Junior Girls	Javelin/Long Jump	High Jump	Shot Put/Triple Jump	Discus
Senior Girls	Discus	Shot Put/Triple Jump	High Jump	Javelin/ Long Jump
Junior Boys	High Jump/	Javelin/Long Jump	Discus	Shot Put/Triple Jump
Senior Boys	Shot Put/Triple Jump	Discus	Javelin/ Long Jump	High Jump

Other Information:

- 1) The Stonewall track is an asphalt surface, spikes are not recommended
- 2) Call or e-mail Rene Comeault at Stonewall Collegiate (467-8717 (cell) or email: rcomeault@isd21.mb.ca) for further information.
- 3) In the event that there is a conflict between times in the track and field events it is the responsibility of the athlete to ensure that they get to their track event first, then to their field event.
- 4) A canteen will be available.
- 5) Meet results will be emailed to competing teams as soon as possible and listed on the Athletics Manitoba Website.

Registration Procedure:

Excel Spreadsheet: Follow the directions below:

1. Open the attached excel file called Athlete Registration.
2. Save the document to your own computer
3. Begin entering the information for each student.
4. The category listing (JG,SG,JB,SB) has a drop down provided for you so you can select it from the list.
5. You will notice under School Name once you type something once Excel will try to guess when you type it again which will work great for School Name and School Nickname.
6. Once you are complete please save the document as YourSchoolNameEntries (Example: StonewallEntries) and e-mail back rcomeault@isd21.mb.ca
7. You must send it as an attachment.

Entry Deadline: Monday, May 9 (noon) Early entries appreciated!!
Please forward your entire roster so we can have stickers pre-printed. This is a sticker meet which means that athletes do not have to register for individual events or relays ahead of time.
Looking forward to getting track started again....snow, snow go away!!