



2022 Manitoba Provincial Age Class Championships

SANCTION: **Athletics Manitoba**

HOST: **Winnipeg Optimist Athletics**

VENUE: **James Daly Fieldhouse, Max Bell Centre, University of MB, Winnipeg**

TIMING: **Fully automatic electronic timing system** – Omega Photo-timing Systems

MEET HOTEL: **Best Western Plus, Pembina Inn & Suites, 1714 Pembina Hwy -Winnipeg, R3T 2G2**
Close to the University Ph - 204-269-8888 Fax - 204-269-8889
Toll Free Reservations: 1-877-269-8811

CHAMPIONSHIP EVENTS: 60M, 200M, (150m for U12 & U14), 400m, (300m for U14 & U16), 800m (600m for U12 & U14), 1500m, (1000m for U12 & U14), (1200m for U16), 3000m, (2000m for u14 & U16), 4X100m, 4X400m, (4X200m for U12 & U14), 60m H, Long Jump, High Jump, Pole Vault, Shot Put, Weight Throw

NON-CHAMPIONSHIP EVENTS: Open 300m, Open 600m, Open 1000m, Open 4X200m

AWARDS: Medals for Championship Events, No awards for Non-Championship Events

ENTRIES: **A) Eligibility** – All entrants must be registered members of Athletics Manitoba and/or Athletics Canada.

B) Entry Fees

- **\$ 12.00 per event**
- **\$ 12.00 per each relay team**
- **Late Fees: \$18.00 per individual event and \$18.00 per each Relay Team**
- Late entries will only be accepted if there is room and it does not change the schedule at the discretion of the meet director.

C) Cheques payable to: WINNIPEG OPTIMIST ATHLETICS CLUB

D) Entry deadline Received by February 27, 2022.

Please ensure that your entries are in on time, so that we can get the final schedule out as soon as possible.

E) Only entries using the Trackie.ca Registration online system will be accepted.

www.Trackiereg.com/2022MBIndoorProvAgeClass

F) No telephone or fax entries will be accepted.

G) Seeded sections – Please submit **accurate seed performances** in order to allow for the accurate seeding of track events. It is the responsibility of club and school coaches to ensure the accuracy of their entry data.

H) Questions to Larry Switzer email: larry.switzer@shaw.ca or 204-885-5714.

Or Wayne McMahon email: gwaynemcmahon@gmail.com or 204-261-0467

FINALS: 60m, 60mh, 150m & 200m will proceed from heats to finals if entry numbers warrant. Other track events will be run as seeded timed final sections.

SPECTATORS: There will be a daily \$2.00 admission fee. All spectator fees will be donated to Harvest Manitoba.

AGE CLASSES FOR 2022 :U12:	BORN in 2011 & later
U14:	BORN in 2009 & 2010
U16:	BORN in 2007 & 2008
U18:	BORN in 2005 & 2006
U20:	BORN in 2003 & 2004
SENIOR:	BORN in 2002 & earlier
MASTERS:	Age 35 and over



2022 Manitoba Provincial Age Class Championships

SHOT WEIGHTS:	U12 Boys & Girls	2.73 kg (6 lbs)
	U14, U16, U18 Women	3 kg
	U14 Men	3 kg
	U18 Men	5 kg
	U20 Men	6 kg
	Senior Men	7.26kg (16 lbs)
	All others	4 kg

WEIGHT THROW:	U18 Men & all Women	9.07 kg (20 lbs)
	U20 Men	11.34 kg
	Senior Men	15.88 kg (35 lbs)

HURDLES:	<u>Hurdle Height</u>	<u>To 1st Hurdle</u>	<u>Between Hurdles</u>	
	Senior Men	1.067m (42")	13.72m	9.14m
	U20 Men	0.991m (39")	13.72m	9.14m
	U18 Men	0.914m (36")	13.72m	9.14m
	U16 Men	0.840m (33")	13.0m	8.5m
	U14 Men	0.762m (30")	12.0m	7.5m
	Senior & U20 Women	0.840m (33")	13.0m	8.5m
	U18 Women	0.762m (30")	13.0m	8.5m
	U16 Women	0.762m (30")	12.0m	8.0m
	U14 Women	0.762m (30")	12.0m	7.0m

- Races will only be run at these standard distances.

EVENTS: Athletes may enter an individual event in **only one age class**. Athletes may move up to an older age class to complete a Relay Team, but may not run a relay in two different age groups or on two separate teams.

RELAYS: **All teams members must be from the same Club or School.**

Entries will be accepted on a first come first served basis. Some field events may have the number of athletes competing capped, or the number of attempts will be limited to **three**. These decisions will be made by the meet director and/or meet manager based on time considerations.

Please be advised that the Tentative Schedule is exactly that, Tentative, and it will change. Final Schedule is based on the number of athletes that are entered per event. We will produce and post the final schedule as soon as possible, once the entries are received.

All jump and throw athletes are required to report to their event one half hour before the start of their events for warm up.

U14 and U12 athletes will receive three attempts and the top 8 one additional attempt in the Long Jump and Shot Put.

Events may be added at the discretion of the meet organizers. Make requests early.

Masters Events for Men and Women may be added if there are three or more competitors in an age group.