



Summer Jam #1 & #2

- Date:** June 1,2, 2022
Sanction: Athletics Manitoba
Host: Winnipeg Optimist Athletics Club
Venue: University of Manitoba Stadium
Entries:
1. All participants must be registered members of Athletics Manitoba or a Provincial Association recognised by Athletics Canada
 2. Entry Fee - \$10.00 per Event – entries paid online (unless clubs ask to be billed!)
 3. Entry Deadline – Sunday, May 29, 11:59 PM CST.
 4. Entries must be done on Trackiereg. The link is posted on Athletics Manitoba:
<http://athleticsmanitoba.com/event/woa-summer-jam-1-3/>
 5. Late Entry - \$20.00 per event if accepted.
 6. Seeded Sections – Please submit accurate seed performances!

Age Classes for 2022: U12 Born in 2011 or later
 U14 Born in 2009 or 2010
 U16 Born in 2007 or 2008
 U18 Born in 2005 or 2006
 U20 Born in 2003 or 2004
 Senior Born in 2002 & Earlier
 Masters Born in 1917 & earlier

Tentative Schedule – Men first , Higher Hurdle Events First

Wednesday, June 1, 2022	Thursday, June 2, 2022
5:30 PM Sprint Hurdles	5:30 PM 400m Hurdles
to follow 100m	to follow 300m Hurdles
80m U14 & Under	200m Hurdles
1500m	200m
1200m U16	150m U14 & Under
300m U16 & Under	300m U16 & Under
1000m U14 & Under	800m
400m	600m U14 & Under
5:30 PM High Jump - Men	5:30 PM Triple Jump - Men
5:30 PM Long Jump - Women	5:30 PM Discus - Men
5:30 PM Hammer - All	to follow Triple Jump - Women
to follow High Jump -Women	to follow Discus - Women
to follow Long Jump - Men	
to follow Shot - All	