2022 Polar Vortex or (2022 WINTER CLOSED)

JANUARY 21, 22, 2022

Host Winnipeg Optimist Athletics

Eligibility Age Group Competition – All entrants must be registered members of Athletics Manitoba and/or Athletics Canada. (or pay a one meet fee)

- Only open to athletes that train in the Jim Daly Fieldhouse on a regular basis due to Public Health Orders!
- We reserve the right to refuse entries on the basis of staying within current health orders!

Events: 60m, 150m (U14 & U12), 200m, 300m, 400m, 600m, 1000m (U12 & U14), 1200m U16, 1500m, 2000m (U16), 3000m, 5000m, 60m Hurdles, 4 X100m, 4 X 400m, Standing Long Jump (U12 & U14), Long Jump, Triple Jump (U16 & Up), High Jump, Pole Vault, Pentathlon (Women), Shot Put, Weight Throw ((U16 & Up)

Entry Fees

$ 10.00 per event , $ 10.00 per each relay team

Late Fees: $16.00 per individual event and $16.00 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.

Cheques payable to: WINNIPEG OPTIMIST ATHLETICS CLUB

Entry deadline Received by Monday, January 17, 2022.

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

Only entries using the Hy-Tek system or the Trackie.ca Registration online system will be accepted.
Link: https://www.trackie.com/online-registration/add-event/edit/474283/

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

Questions may be directed to: Wayne McMahon at email: gwaynemcmahon@gmail.com
Cell 204-918-6167 .

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 with results separated into age groups.

Spectators: There is limit on building occupancy due to COVID Health Restrictions.

SHOT WEIGHTS:		
	U 12 Men & Women	2.73 kg (6 lbs)
	U 14 /U16/U18 Women	3 kg
	U 14 Men	3kg
	U 18 Men	5 kg
	U 20 Men	6 kg
	Senior Men	7.26 kg (16 lbs)

	All others	4 kg
WEIGHT THROW:	U18 Men & all Women	9.09 kg (20 lbs)
	U20 & Senior Men	15.91 kg (35 lbs)

HURDLES:	Hurdle Height	To 1st Hurdle	Between Hurdles
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 compete in an older age group event or to complete a Relay Team, but may not run an event or a relay in two different age groups or on two separate teams**.**

RELAYS: **All teams members must be from the same Club or U of Manitobal.**

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 may 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 Preliminary Schedule is preliminary, and it will change. Final Schedule is based on the number of athletes that are entered per event.
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.

Other events may be added at the discretion of the meet organizers. Make early requests please.

LIMITED SPECTATORS DUE TO PUBLIC HEALTH RULES ON BUILDING CAPACITY!