



2023 Bison Twilight Meets

Thursday June 1 and Tuesday June 27

University Stadium / Lord Selkirk Regional Secondary School

<u>Events:</u>	Thurs. June 1	Intermediate Hurdles (200mH for U14, 300mH for U16, 400mH U18 & Older) 600m (for U12) 200m (150m for U12 & U14), 800m (for U14 & Older) 3000m or 5000m Long Jump, High Jump Triple Jump (U16 & Older), Pole Vault (U16 & Older) Hammer (U14 & Older), Javelin (U14 & Older)
	Tues. June 27	Sprint Hurdles (80mH for U14 & U16 Women & U14 Men, 100mH for U16 & U18 Men and U18 & Older Women, 110m H for U20 & Older Men) 100m (80m for U12 & U14) 400m (300m for U14 & U16) 1500m (1000m for U12, 1200m for U14 & U16) Long Jump, High Jump Shot Put, Discus

Eligibility: Age Group Competition
** Heats and flights will be seeded based on entry marks and then separated into the appropriate age groups when results are produced ***

Entry Fee: Entry fees will be \$10.00 per event

Entries: Entries are to be done using the Trackie.reg site.
The entry deadline for Bison Twilight # 1 will be 11:59pm Monday, May 29th
<https://www.trackie.com/online-registration/event/2023-bison-twilight-1/488653/#.ZCRYUHbMJPY>
The entry deadline for Bison Twilight # 2 will be 11:59pm Saturday, June 24th

<https://www.trackie.com/online-registration/event/2023-bison-twilight-2/488655/#.ZCRYkHbMJPY>

Meet Contact:

Please direct all questions regarding these meets to:
Claude Berube at: Claude.Berube@umanitoba.ca

Schedule:

A Tentative Schedule for the meet is pasted below.
A Final Schedule will be set once all entries have been received

Thurs. June 1 –
University
Stadium (U of M)

6:00pm	-	Intermediate Hurdles (200mH / 300mH / 400mH) (200mH for U14, 300mH for U16, 400mH U18 & Older)
6:20pm	-	600m (for U12)
6:40pm	-	800m (for U14 & older)
7:10pm	-	200m (followed by 150m for U12 & U14)
7:30 pm	-	3000m or 5000m (depending on interest)
6:00pm	-	Pole Vault (U16 & Older) Hammer (U14 & Older)
7:00pm	-	Triple Jump (U16 & Older) Javelin (U14 & Older)

Tues. June 27 –
Lord Selkirk
Regional
Secondary
School

6:00pm	-	Sprint Hurdles (80mH for U14 & U16 Women & U14 Men, 100mH for U16 & U18 Men and U18 & Older Women, 110m H for U20 & Older Men)
6:15pm	-	100m (followed by 80m U12 & U14)
6:45pm	-	1500m (followed by 1000m for U12 and 1200m for U14 & U16)
7:15pm	-	400m (followed by 300m for U14 & U16)
7:45pm	-	5000m (also Canada Games trials)
6:00pm	-	Discus Long Jump
7:30pm	-	High Jump Shot Put