



## WOA Summer Jam #1

- Date: May 31, 2023  
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 – Monday, May 29, 11:59 PM CST.
  4. Entries must be done on Trackiereg. The link is posted on Athletics Manitoba: <https://www.trackie.com/online-registration/register/summer-jam-1/489947/>
  5. Late Entry - \$20.00 per event if accepted.
  6. Seeded Sections – Please submit accurate seed performances!
  7. Meet Contact – Wayne McMahon –email: [gwaynemcmahon@gmail.com](mailto:gwaynemcmahon@gmail.com)  
Cell – 204-918-6167

### Age Classes for 2023:

- U12 Born in 2012 or later
- U14 Born in 2010 or 2011
- U16 Born in 2008 or 2009
- U18 Born in 2006 or 2007
- U20 Born in 2004 or 2005
- Senior Born in 2003 & Earlier
- Masters 35 & Older

Tentative Schedule – Men first , Higher Hurdle Events First  
Heats & Flights will be seeded and run by entry marks and then separated into age groups in results.

### Wednesday, May 31, 2023

- |           |                   |
|-----------|-------------------|
| 5:30 PM   | Sprint Hurdles    |
| to follow | 100m              |
|           | 80m U14 & Under   |
|           | 1500m             |
|           | 1200m U16         |
|           | 300m U16 & Under  |
|           | 1000m U14 & Under |
|           | 400m              |
| 5:30 PM   | High Jump - Men   |
| 5:30 PM   | Long Jump - Women |
| 5:30 PM   | Hammer - All      |
| to follow | High Jump -Women  |
| to follow | Long Jump - Men   |