



Summer Jam #1

- Date: May 31, 2023
 Sanction: Athletics Manitoba
 Host: Winnipeg Optimist Athletics Club
 Venue: University of Manitoba Stadium
 Entries:
- All participants must be registered members of Athletics Manitoba or a Provincial Association recognised by Athletics Canada
 - Entry Fee - \$10.00 per Event – entries paid online (unless clubs ask to be billed!)
 - Entry Deadline – Monday, May 29, 11:59 PM CST.
 - Entries must be done on Trackieereg. The link is posted on Athletics Manitoba: <https://www.trackie.com/online-registration/register/summer-jam-1/489947/>
 - Late Entry - \$20.00 per event if accepted.
 - Seeded Sections – Please submit accurate seed performances!
 - Meet Contact – Wayne McMahan –email: 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.

Track **Tentative** Fastest to Slowest Seeded Sections

5:30 PM	110m H	Men			Field Events		
	100m H	Men			Tentative		
	100m H	Women	5:30 PM	Long Jump	Women	U16 & Older	West
	80m H	Men	5:30 PM	Long Jump	Boys All	U14 &U12	East
	80m H	Women	Following	Long Jump	Girls All	U14 &U12	East
	80m	Boys	Following	Long Jump	Men	U16 & Older	West
	80m	Girls	5:30 PM	High Jump	Men	U16 & Older	
	100m	Men	Following	High Jump	Boys All	U14 &U12	
	100m	Women	Following	High Jump	Women	U16 & Older	
	1500m	Men	6:15 PM	High Jump	Girls All	U14 &U12	
	1500m	Women	5:30 PM	Discus	Men		
	300m	Boys	5:30 PM	Discus	Women		
	300m	Girls	Following	Shot Put	Women		
	1200m	Boys	Following	Shot Put	Men		
	1200m	Girls					
	400m	Men					
	400m	Women					
	1000m	Boys					
	1000m	Girls					